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Ottawa metro

**OPERATION BIG TURKEY**

metroNEWS

Your essential daily news | WEEKEND, DECEMBER 23-25, 2016

High 1°C/Low -3°C Partly cloudy

# Metro's Holiday Wish to you

**THIS NEWS IS GOOD**

**AFTER A YEAR THAT FELT LIKE THE WORLD WAS MORE DIVIDED THAN EVER, WE'VE CHOSEN TO FILL THIS EDITION WITH STORIES THAT BRING US ALL TOGETHER**

***Plus*** **How to listen with humility and empathy to those you disagree with this Christmas**

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metro NEWS

Your essential daily news

Rosemary Westwood: You can find happiness in the time of Trump. **World**

# This news is *good*

**Cathrin Bradbury**
Editor-in-Chief
Metro News Canada

We are about to commit journalistic heresy. Today all seven editions of Metro are publishing only positive news stories. We've gone so far as to call it the happy edition.

Before every journalist in the country starts to hurl rocks at us, let me explain.

Earlier this year I visited Detroit. Like everyone else, I'd heard a lot about the city's comeback — crime is down, investment is up, and the Detroit Pistons are relocating from their suburban headquarters to join the city core. It was great to see it up close: At night people poured out of packed bars to walk through the well-lit downtown — 40,000 new streetlights and counting.

Still, it's not nirvana, or anything like it. The city's violent crime rate remains the second worst in the U.S. The wrecking balls go non-stop, but they can't tear down the burnt-out husks of buildings just a block or two off the main drag fast enough to keep up with the city's new idea of itself.

The local press isn't keeping up either. The major TV and newspaper outlets lead with crime news every day, still covering Detroit in a way that marginalizes the very place they are reporting on. The people who stayed in Detroit, and the ones who are coming back, have an ambition for their city and the media doesn't seem to be listening.

As a news editor, I took a message from Detroit. I started to notice how media here does the same grim reporting on Canadian cities, and it takes a toll on us just as much as our readers.

Managing editor Angela Mullins, who runs Metro Toronto and oversees all seven Metros across Canada, refuses to watch the local television news with her wife anymore because it's "so bloody depressing." A young Metro reader, 23, told me recently that she had come to hate the TV and newspaper coverage of her city. "It's only bad news."

We've had plenty of bad news this year. Six weeks ago we worked into the night covering the U.S. election. To say that we were on edge at the office the next day doesn't quite cover it. If a cat had walked by we would have flung it out into the cold and rain. And we like pets here — just look at our covers.

**SAFE AT LAST HAPPIER TIMES FOR ALEPPO'S TWEETING GIRL** Bana Alabed, known as Aleppo's tweeting girl, was feared dead after she stopped sending messages from the warzone. The seven-year-old was evacuated on Monday and she and her family are now safe in Ankara, Turkey. Here she is with her mother Fatemah, her father Ghassan and her brothers Nour and Laith on Thursday. AFP/GETTY IMAGES

Ira Lamjca, Metro's Canada, World and Business editor, was particularly affected.

The story of how Ira, 26, immigrated to Canada from Albania when she was 8 was so inspiring we're going to launch a whole series around it next year. Sneak peek: A message in a bottle from Newfoundland honeymooners that washed up on the shores of her village started her saga.

Ira's bountiful optimism opens up a room. So when she sat down at the news desk and started to cry over the election results, it was tough. "This is much harder on me than I thought it was going to be. I don't know anything anymore. I don't know if what I'm doing matters anymore."

I didn't have an answer for her then, but her loss of purpose made me think about something Marty Baron said when he came into Star Metro Media to talk about journalism. Baron is the executive editor of the Washington Post and the editor on whom last year's Oscar winner Spotlight was based. God, in other words, to newspaper editors everywhere. Baron said that when people talk about your "brand" what they are really talking about is the soul of a news organization, something he spends a lot of time thinking about.

I've thought a lot about our soul at Metro since the U.S. election. What I can say now to Ira on this wintry day before Christmas is that maybe bad news is a given in a naturally adversarial media. But it needn't be the only given. Hope is as true as despair. Even with this week's terrible news out of Berlin and Turkey, columnist Vicky Mochama, who like Ira immigrated to Canada as a child, when she was 5 from Kenya, offered readers a way forward, urging us to do more, much more, and make welcoming refugees a way of life here. "Twenty-five thousand Syrians is not enough," she writes.

In 2017, Metro, in its optimistic soul, is committed to share with our readers the best version of our cities, and when they don't live up to that version, to push for solutions until they do. We'll continue to use the Metro Effect to drive positive change — as we have on issues such as pedestrian safety and affordable rent. When we don't like what we see — racism on our streets or women shut out of city boards — we'll keep telling you that Metro Ain't Having It.

And finally, we invite you, our readers, to embrace everyday activism and fight to make your cities the best they can be. And then we want to hear about it, so we can tell *your* story.

Happy holidays from all of us at Metro.

**MORE POSITIVE NEWS ONLINE**

**Because there is so much that we couldn't fit it all in the paper...**

RENAMED, RENUMBERED, REVISED
ROUTE AND SERVICE CHANGES TAKE EFFECT DECEMBER 25

EXPRESS ROUTES
- Express routes will be renamed Connexion and renumbered in the 200s
- Cost to ride will be reduced to regular fare
- Connexion routes skip some Transitway Stations in the afternoon

Connexion

ORLÉANS
- Routes 20A and 120 will be combined as new Route 33
- Routes 30 and 130 will be combined as Route 30

KANATA
- Routes 60, 64, 93, 165, 181 and 182 will be re-numbered and changed to serve the new Park & Ride at Innovation Station

NEW NUMBERS
- Routes 24, 40, 43, 67 and 140 will be renumbered as Connexion Routes in the 200s
- Routes 201, 202, 203, 204 and 205 will be renumbered as Shopper Routes in the 300s

ROUTE 5
- Will be split in two - routes 5 and 19

HOLIDAYS
- Most routes will have revised schedules during the holidays, December 26 to January 6

WINTER SCHEDULES
- New schedules go into effect on most routes beginning December 25

Check Your New Route Number on the Travel Planner
OCTRANSPO.COM

OUR TRANSIT FUTURE IS ON TRACK
OC Transpo

# Community showing its heart

OPERATION BIG TURKEY

## Five free Christmas dinners offered across the city

Haley Ritchie
Metro | Ottawa

While you scramble to finish your shopping, volunteers from Algonquin College will be in the kitchen from now until Christmas Eve preparing free dinners for people across Ottawa.

"It's a big project, we're all doing it to help people out," said Scott Warrick, who runs the kitchen that will prepare the meals this year for Operation Big Turkey.

"We're getting out to the community centres, closer to where people live. We want to make sure people know there is a place in their own community where they can share really good food with the rest of the community. It's a community event," he said.

The meals include all the fixings: turkey, stuffing, cranberry sauce, veggies, potatoes, gravy, cakes and a vegetarian and dairy-free lasagna.

The dinners are made possible by a collaboration between local organizations including Algonquin College, Gusto TV, Farmboy and Rideau Bakery. Over 200 volunteers are participating, including members of the public, students from Algonquin College, and the school's faculty chefs.

David Temelin, who handles logistics for the events, said a wide variety of people attend and enjoy the food — from new Canadians, to young families, seniors and residents on a tight budget. "We don't want to make it about why they might need it, but make sure it's a way to celebrate and enjoy and be served really good food on real plates with really friendly people," he said.

This year Operation Big Turkey has plenty of volunteers, but Temelin said if you really want to help out, the best way might be to accompany someone to a meal. "If they know somebody who would benefit from a dinner but might not go on their own, accompany them to one of ours," he said. "It might be the best gift you can give to someone is to spend some time with them with some food."

### DETAILS

**Locations for Operation Big Turkey meals on Saturday afternoon:**

- **Overbrook Community Centre,** 33 Quill Street from 2:00 to 4:00 PM
- **Carlington Recreation Centre,** 1520 Caldwell Ave, 3:30 to 5:30 PM
- **Ron Kolbus Centre,** 102 Greenview, from 3:30 to 6:00 PM
- **Albion-Heatherington Recreation Centre,** 1560 Heatherington Road, from 3:00 to 5:00 PM
- **Jack Purcell Community Centre,** 320 Jack Purcell Lane, from 3:30 to 6:30 PM

**Scott Warrick, who runs the kitchen that will prepare the meals for Operation Big Turkey, wheels a tray of uncooked turkeys through the kitchen.** HALEY RITCHIE/METRO


## NAVIGATION PROTECTION ACT

Club de Yachting Portage Champlain inc. hereby gives notice that an application has been made to the Minister of Transport, pursuant to the Navigation Protection Act for authorization of the work described herein and its site and plans.

Pursuant to paragraph 5(6)(b) of the said Act,
Club de Yachting Portage Champlain inc. has deposited with the Minister of Transport, and in the Bureau d'enregistrement des titres foncier de Hull, district of Hull, located at 170, rue Hôtel-de-Ville, 9th floor, suite 9.100, Gatineau Québec

under deposit number 22 810 129 a description of the following work, its site and plans:

an Expansion Plan of its dock facilities on the Ottawa river

at Gatineau (secteur Hull)

in front of 160 Laurier street. The lot does not have a number. However, the adjacent lot has the following number: 1 621 845.

Comments regarding the effect of this work on marine navigation may be directed to: The Manager, Navigation Protection Program, Transport Canada, 401-1550, D'Estimauville Avenue, Québec (QC) G1J 0C8. However, comments will be considered only if they are in writing and are received not later than 30 days after the publication of the last notice. Although all comments conforming to the above will be considered, no individual response will be sent.

Signed at Gatineau, this 19th day of December, 2016

(Signature) _____

(full name of owner)


HOLIDAY MIRACLE

## Dogs rescued from Chinese market make happy landing

Dylan C. Robertson
For Metro | Ottawa

Ten dogs will touch down Friday in Ottawa after escaping a gruesome trade that harms canines across Asia.

The Humane Society International has rescued 110 future pets from China's Yulin Dog Meat Festival.

"These animals were incredibly traumatized. When we found them, they were crammed together so tightly in rusty iron cages that they could barely move. They were covered with open sores and skin infections," said Rebecca Aldworth, HSI's Canada head.

"It's completely overwhelming, when you think that this is something that happens to 30 million dogs every year throughout Asia."

While a cheap source of protein, dog meat has grown increasingly controversial in China, especially for how the dogs are treated.

**It truly has been a holiday miracle. They got on the last available flight to Canada.**
Rebecca Aldworth

That's why HSI obtained, it won't say how, 172 dogs from the June festival and nursed them back to health. Some were fostered locally, but the practice remains uncommon in China. This week, after months of bureaucratic hurdles, 110 dogs were approved for export and driven 18 hours through a smog storm to the Beijing airport.

"It truly has been a holiday miracle. They got on the last available flight to Canada," Aldworth said Thursday afternoon, while the dogs sat inside an airplane over the Pacific Ocean.

In Ottawa, the Bytown Association for Rescued Kanines (BARK) will welcome 10 of these dogs, who could be put up for adoption within months.

For Aldworth, the dogs are "ambassadors" for a campaign to ban the industry in China.

"We will not stop until the dog-meat trade is shut down for good."

**Dogs rescued by Humane Society International from China's Yulin Dog Meat Festival are "ambassadors" for a campaign to ban the industry in China.** CONTRIBUTED

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# Holiday Hours

## Transit Schedule

December 25 .....Sunday Schedule
December 26-27 .....Saturday Schedule
December 28-30 .....Reduced Weekday Schedule
December 31 .....Saturday Schedule, FREE after 5 p.m.
January 1, 2017 .....Sunday Schedule
January 2 .....Saturday Schedule
January 3-6 .....Reduced Weekday Schedule

## Transit Info Centre 613-741-4390

December 24 .....8 a.m. to 9 p.m.
December 25 .....9 a.m. to 5 p.m.
December 26-30 .....7 a.m. to 9 p.m.
December 31 .....8 a.m. to 9 p.m.
January 1, 2017 .....9 a.m. to 5 p.m.
January 2-6 .....7 a.m. to 9 p.m.

*N.B. Customer Relations (613-842-3600) will be closed December 26 and 27 and January 2.*

## Customer Service Centres

| | Rideau* Centre | Lincoln Fields Place d'Orléans St-Laurent |
|---|---|---|
| December 24 | 9:30 a.m. to 5 p.m. | Closed |
| December 25 | Closed | Closed |
| December 26 | 10 a.m. to 6 p.m. | Closed |
| December 27-30 | 8:30 a.m. to 9 p.m. | 7 a.m. to 6 p.m. |
| December 31 | 9:30 a.m. to 5 p.m. | 11 a.m. to 5 p.m. |
| January 1, 2017 | Closed | Closed |
| January 2-6 | 8:30 a.m. to 9 p.m. | 7 a.m. to 6 p.m. |

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# 5 things to bring a little holiday joy

Here are some ways to get into the spirit of the season.

**HALEY RITCHIE** METRO OTTAWA

### 1 Downtown light show

Take in the best of wintry Ottawa by going for a stroll downtown under the fairy lights. Finish up at Parliament Hill with the family-friendly Christmas light show, which loops every night from 5:30 p.m. to 11 p.m. until Dec. 25.

### 2 Play in the snow

Get outside and enjoy a white Christmas this year. The Rink of Dreams and the Lansdowne Rink will be open on Christmas Day from 1 to 11 p.m. The Gatineau Park visitors centre will be closed on Christmas Day, but reopens and will be renting snowshoes Dec. 26 to Jan. 2 from 9 a.m. to 5 p.m. every day. If you have your own cross-country skis the holiday might be a great chance to try out the new Sir John A. MacDonald winter trail along the Ottawa River.

### 3 Operation Big Turkey

Operation Big Turkey is providing five free meals for the community over the holidays. On Christmas Eve, attend one of the five dinners for a full Christmas meal with turkey, gravy and veggies. Meals take place at the Overbrook Community Centre (2 to 4 p.m.), Carlington Recreation Centre (3:30 to 5:30 p.m.), Ron Kolbus Centre (3:30 to 6 p.m.), Albion-Heatherington Recreation Centre (3 to 5 p.m.) and Jack Purcell Community Centre (3:30 to 6:30 p.m.).

### 4 Operation Red Nose

Operation Red Nose provides sober rides to and from bars and events during the holiday season. This year the campaign isn't running in Ottawa, but volunteer co-ordination is taking place across the river in Gatineau (Opération Nez Rouge). Volunteers can help deliver people home safely and prevent drunk driving on both sides of the river. To help out, fill out a form at operationrednose.com for the Outaouais location.

### 5 What's open and what's closed

Better finish up your holiday shopping fast – for food, booze and gifts. All of Ottawa's major malls, including the Rideau Centre, will be open on Christmas Eve until 5 p.m. but closed on Christmas Day. All LCBOs, Metros, Loblaws and Costco stores will be closed Christmas Day. Cineplex theatres will remain open on Christmas Day.

Property owners in the area have submitted 31 claims relating to the chasm, according to the city solicitor. METRO FILE

# Hole is wholly not city's fault

INFRASTRUCTURE

## Construction didn't create giant sinkhole, memo says

Ryan Tumilty
Metro | Ottawa

The city got an early Christmas gift Thursday after an external report found the massive, van-swallowing sinkhole that opened up on Rideau Street earlier this year was not its fault.

The sinkhole opened up on Rideau Street near Sussex Drive earlier this year above where the Confederation Line's tunnelling was taking place.

In a memo from the city's solicitor Rick O'Connor to council that was released on Thursday, O'Connor said that they're confident city infrastructure was not the problem.

"The city's external technical experts were unable to pinpoint a singular cause of the event, but are confident, based on their analysis of all the available evidence, that the sinkhole was not precipitated by a failure of city infrastructure," he said.

O'Connor said the technical experts were unable to pinpoint an exact cause for a variety of reasons including "the need to quickly secure the site and stabilize the area of the collapse required filling the sinkhole with more than 3,000 cubic metres of concrete."

Nevertheless, they are confident it was not the fault of city infrastructure.

O'Connor also confirmed there are 31 claims from businesses and property owners related to the sinkhole and the city itself has made a $1.5 million claim for its additional costs, which have all been forwarded to the project's insurer.

COMMUNITY

# Carleton Tavern offering hot meals to all

Selene Tam
For Metro | Ottawa

For the past 15 years, the Carleton Tavern has ben opening its doors and its heart to the community with a Christmas meal.

This year alongside the Hintonburg Economic Development Committee they're doing it again.

"There's always an economic need, a social need during Christmas. Christmas is also a very lonely day for those that are on their own," said organizer Cheryl Parrott.

"We do this so that it's a joyous day for everyone."

Parrott said the idea to organize the free Christmas dinner was sparked when the owners saw the need of their local Hintonburg community.

"The tavern was open every day of the year. Christmas was the only day that they were closed and they were willing to open it that day to provide for the community," said Parrott.

> "The biggest message we want to send out to people is to tell them not to be alone during Christmas."
> Cheryl Parrott

"So many people are so appreciative about a warm meal … they are just thankful to be there," she said.

This year, the festive dinner will be held on Christmas day from 11 a.m. to 3 p.m. Guests can expect good food, holiday gifts and live music performances.

For those unable to come or have other transportation difficulties, Parrott said home deliveries could be arranged.

"We also have drivers to pick up people and send them home," said Parrott."

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# Brewing up mighty fine things

## Veteran Beau's celebrates its 10th year with 10 new goals

As we reflect on the highs and lows of 2016, whilst sipping a pint of local-flavourful-seasonally-appropriate beer, it's easy to conclude that this was another fantastic year for Ottawa's brewing scene.

One industry veteran, Beau's All Natural Brewing, celebrated its 10th anniversary this year by doing 10 Amazing Things.

"Instead of using our 10th anniversary to celebrate achievements we've made, we chose to use the milestone as a moment to define our future," said co-founder Steve Beauchesne, "I guess it's our way of saying, we're 10 years old, and we're just getting started."

To recap the amazingness:

Local outfit Beau's Brewing celebrated 10 years in business this year. MARC DOUCETTE

1. Employee ownership: Beau's teased that it was selling out. And it did, to employees. The new ownership model allows employees to buy company shares.

2. Cross-Canada expansion: Beau's has accomplished the difficult — becoming available from coast to coast.

3. Rwanda Craft Brewery Project: Beau's partnered with entrepreneur Josephine "Fina" Uwineza to build a brewery in the Rwandan capital of Kigali. Beyond providing networking and guidance, Beau's launched a kickstarter with the goal of raising $95,000 for the project.

4. Ottawa 2017 partnership: Everyone is excited that Ottawa will be the focal point for Canada's upcoming 150th. Even more exciting is that the Ottawa 2017 official beer partner will be Beau's and the official beer will be Lug Tread.

5. $5 million in donations over the next 10 years: Events like Beau's Oktoberfest raise funds for local charities; this year Oktoberfest surpassed $500,000 in total donations since it launched.

6. Return of ceramic bottles: Beau's released a limited run of ceramic bottles with an updated logo and design. Once empty, they make a fine lamp!

7. Anniversary beers: Three big tasty brews hit local shelves and taps to celebrate the decade of Beau's: Two Tonnes of Fun, a barleywine; Old Skål, a fruit-infused, pinot-noir barrel-aged and bottle-conditioned oud bruin; and Batch 5000, a wild Ontario farmhouse ale.

8. Brand refresh: Beau's iconic tractor logo still adorns most of its beers and merch. But the tractor has been updated to give the brand a cleaner look.

9. One-hundred awards in 10 years: The brewery won its 100th award this year, with accomplishments varying from its beer to social responsibility.

10. Scholarships: The Niagara College Teaching Brewery is the only institution in Ontario you can get a degree in brewing.

### + HOPPENINGS

- Beyond the Pale brewery invites you to ring in the New Year with Ball Dropper as you enjoy Ryan Seacrest hosting Dick Clark's New Year's Rockin' Eve.
- Howsabout a New Year's Eve dinner and beer pairing featuring local foods by Clover Food & Drink and beer from Dominion City: Brew Year's Eve? Reservations at 613-680-8803.
- Go democracy! Vote for your fav new (Ottawa) brewery in 2016 at momandhops.ca.
- Tuque de Broue brewing has a new friend for cold winter evenings: Portage Porter.
- Speaking of porter, Stalwart Brewing has released is big chocolatey massive porter: Thriller.


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# New Winter Service

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## Getting Ready for Rail

New winter service starts December 25, 2016. Many of the changes happening this winter are part of getting ready for the launch of the O-Train Confederation Line in 2018.

### New Route Numbers

New route numbers will be introduced on many routes throughout the network, including for new Connexion bus routes (former express routes) that will be numbered in the 200s.

### New Connexion Service

Most Express routes will be renamed Connexion routes and renumbered in the 200s. The new Connexion routes will require regular fare only. Express fare will no longer be charged. If you normally purchase (or Auto-renew) an Express pass, switch to a regular pass for January at prestocard.ca or in-person at an OC Transpo Customer Service Centre.

## Kanata North Changes and Opening of Innovation Station

Transit service in Kanata North will be revised to serve the new Park & Ride lot at Innovation Station.

### HIGHLIGHTS

**60** Replaced by new all-day **Route 63**.

**64** Revised to new all-day **Route 64** (Mon-Fri) and new Connexion **Route 264**. Route 264 will replace the southern part of current Route 64 for peak period service between Kanata Lakes, Terry Fox Station, and downtown.

**93** Replaced by new all-day **Routes 63** and **64**.

**165** Modified to serve Innovation Station and the Briarbrook community, east of March Road.

**181** Renumbered as **Route 166** and modified to operate along Terry Fox, Legget, Solandt, Hines and Innovation Drive to Innovation Station.

**182** All trips will start/end at 2500 Solandt Road instead of at the Richcraft Recreation Complex and will continue to serve Carling Campus on Moodie.

### Park & Ride Lot at Innovation Station Opens December 25, 2016

- Over 250 free parking spaces plus new cycling facilities
- New Park & Ride option for west-end commuters
- Direct service to and from downtown approximately every 15 minutes during peak periods on new Routes 63 and 64.

## Combination of Orléans Express and Local Routes

Transit service in Orléans will be revised where current express and local routes serve the same areas and stops.

### HIGHLIGHTS

**20A** Combined with current Route 120 into new all-day **Route 33**, operating between Avalon and Place d'Orléans Station at all times, with service extended to downtown in the morning peak period and from downtown in the afternoon peak period.

**20B** Renumbered as Connexion **Route 233**.

**22** Revised from a green peak hour route to a red peak hour route. Express fares will not be charged.

**30** Combined with current Route 130 into new all-day **Route 30**, operating between Millennium Station and Blair Station at all times, with service extended to downtown in the morning peak period and from downtown in the afternoon peak period.

**34** Revised from a green peak hour route to a red peak hour route. Express fares will not be charged.

**38** Revised from a green peak hour route to a red peak hour route. Express fares will not be charged.

**120** Combined with current Route 20A (see above) into new all-day **Route 33**.

**130** Combined with current Route 30 (see above) into newall-day **Route 30**.

**135** Will not operate northbound in the morning or southbound in the afternoon because Connexion **Route 235** will provide this service at a regular fare.

## Route 5 Split

Current Route 5 will be divided into two separate routes—Routes 5 and 19—to reduce delays and to prepare for connections with the O-Train Confederation Line. Service frequencies and the hours of service will be unchanged.

- **New Route 5** will operate between Billings Bridge Station and the Rideau Centre via Main and Elgin.
- **New Route 19** will operate between St-Laurent Station and Bank Street via Vanier and Sandy Hill.

## Other Changes

Other adjustments will be made to meet the changing travel needs of customers.

### Connections to Carling Campus

Eastbound trips from Kanata and Stittsville on Routes 63, 64 and Connexion routes will serve Bayshore Station at all times in the morning, to provide a consistent connection point for customers traveling to the federal Department of National Defence at Carling Campus on Moodie Drive.

## New Schedules

Seasonal schedule adjustments go into effect Sunday, December 25. New timetables are available in print and online at **octranspo.com.**

### Reminder: Fare Change January 1, 2017

Visit octranspo.com for more information on new, simplified fares.

## Holiday Service

### December 25 to January 6

A special revised service will operate during the Christmas holidays for a two-week period from December 25 to January 6. **Special school** trips will **not** operate during this period.

### NEW YEAR'S EVE – FREE SERVICE AFTER 5 PM

Have a safe and happy holiday. Take transit.
**OC Transpo and Para Transpo** services will be **FREE after 5 p.m.** on December 31.

A Saturday service will be running, so check your schedule before heading out.

**INFO 613-741-4390 octranspo.com**

# Make it Merry hoping to go national

Barb Marshall surrounded by cards. JENNIFER FRIESEN/FOR METRO

SPREADING CHEER

## Campaign gives Christmas cards to homeless

Josie Lukey
For Metro | Calgary

It's Barb Marshall's favourite time of year.

No, it's not exactly celebrating Christmas — it's delivering more than 2,500 handwritten Christmas cards to Calgary's homeless.

As creator of Make It Merry, where individuals are invited to handwrite Christmas cards for delivery to three Calgary homeless shelters, Marshall said generosity of Calgarians and individuals from across the globe is why the campaign exceeded their original goal of 2,100 cards.

"It's crazy — crazy in a good way of course, but amazing," said Marshall. "We've had cards come as far as Korea, Turkey, several from the U.S. and all across Canada." Now, Marshall said she's calling up other agencies in the city to see if she can give them cards.

Last year, the organization only had a goal of 80 cards — they ended up receiving more than 1,200. Next year, Marshall said she wants to go nationwide with Make It Merry, hoping to set up pilot projects in cities with homeless populations.

"The beauty of Make It Merry is that it's not only completely meaningful to give a handwritten Christmas card, but it's practically very feasible for anybody of any age, it's the cost of a stamp, if that," said Marshall.

Marshall says no one has ever refused a card from the campaign. Instead, Marshall said the campaign breaks down stereotypes and builds relationships between two strangers.

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Offer ends December 26th
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Learn more at freedommobile.ca. Promo 40 plan and $100 service credit offer are available until December 26, 2016, and are subject to change or cancellation without notice. *Bonus 3GB of data per month will only be applied to the plan until January 31, 2018. To be eligible for the $100 service credit, you must activate a new Pay Before or Pay After line the Promo 40, Everywhere 45 or Everywhere 55 plan. A $10 monthly credit will be applied to your account for up to 10 months to a maximum of $100. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). May not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. LG V20 is a registered trademark of LG Electronics Inc. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

Roger Steele has been driving Edmonton buses for 35 years, helping those in need with a cup of java. KEVIN TUONG/FOR METRO

## GOOD NEWS DIGEST

**Positive stories from around the nation**

**Bus driver's good deeds don't go unnoticed**

Edmonton Transit bus driver Roger Steele began to cry after reading the first line of a Christmas card he received from a mother of a young commuter.

"My son has mentioned you're so awesome and have been picking up the kids walking to school in the extremely cold temperatures," the card read. "Your kindness has not gone unnoticed ... Merry Christmas!"

Earlier in December, while driving the No. 10, 11 and 162, Steele supplied transit customers with hot Tim Horton's coffees and donuts. The temperature was -20C and he was celebrating his 35-year anniversary as a driver.

"It's a simple gesture. It doesn't cost much," he said. JEREMY SIMES/ METRO EDMONTON

**Halifax wishes a Merry Christmas to Jeanette**

The hand-written note on the beautiful purple orchids said it all. "Merry Christmas Jeanette, from someone who cares."

There was no name on the note. There didn't have to be.

The story of an 85-year-old Halifax woman being punched and dragged from her home in a scary attack Tuesday night angered many in our city, and moved some to want to help.

After we posted the story online Wednesday, Metro received several requests from people wanting to send gifts and flowers to Jeanette MacDonald, who told us her disturbing tale from inside her home on Pennington Street about 12 hours after it happened.

Metro asked those wanting to deliver a thoughtful gesture to drop it off to us Thursday morning and we'd take it over to her. On Thursday afternoon, we did just that. MacDonald, who said she was sore, was very appreciative.

PHILIP CROUCHER/METRO HALIFAX

**Black Girl's Magazine: For black girls, by black girls**

In a world where pop culture rules, black girls are almost invisible.

That's what prompted the launch of Black Girl's Magazine — created by black girls, aimed at young female readers.

Annette Bazira-Okafor is the driving force behind the new publication.

She's been working on the magazine with a group of young girls from York Region, Brampton and Scarborough for the past few months, meeting regularly at her house to come up with stories.

KIM ZARZOUR/METROLAND

# Finding happiness in the time of Trump

## Despite the real and metaphorical darkness, you can find joy in lovers, friends, neighbours, strangers and more

ROSEMARY WESTWOOD
From the U.S.

A Christmas-themed campaign sign during a rally with President-elect Donald Trump and Vice President-elect Mike Pence, in Orlando, Fla. on Dec. 16. AFP/GETTY IMAGES

You can't say there wasn't magic, of a kind, in 2016.

Despite no applicable experience, a legacy of bankruptcy, ignorance and even hostility towards the U.S. constitution, a campaign built on lies and ego, and uttering the word "pussy," Donald Trump will be the next U.S. president.

If he's sniffing anything, it's gotta be pixie dust. But his powers, let's call them, have their limits.

Despite so-called post-Trump disorder, it's not the case that Trump can drain the entire country of joy. Despite the real and metaphorical darkness of the hour, you can, in fact, be happy in America.

It's perhaps easiest in a city like New Orleans, where a convivial outlook is practically required. Nothing stops les bon temps from rolling.

And it's not because the city has a whole lot to celebrate, from certain perspectives. To name just a few: Thirty-nine per cent of children here live in poverty. New Orleans had double the homicide rate of similar U.S. cities in 2015. The gap in prosperity between black and white residents has widened by 37 per cent since Hurricane Katrina hit in 2005.

But perhaps that's part of it. Perhaps the reality of many lives here requires more joy, demands that you dance down the street on Sunday, rain or shine, in a second line parade.

I see the lesson this way: Why not do what you can, everything you can, to love this life?

It's not the same thing as denial. Not at all. I'm a true Trump skeptic, a newly minted acolyte of journalist Masha Gessen and her argument that Trump's rule will be an autocracy, someone who believes Trump stands to worsen every single aspect of American public life his government touches, never mind the danger he poses internationally. I'm someone genuinely fearful for press freedom, equal rights, and the legislative free-for-all about to descend on the 32 Republican-controlled states.

But simply hating Trump and all that he stands for will do little to improve the chances of 2017. It's emotionally alluring political retail therapy, and utterly useless. Considering these purely bleak times is just another failure of imagination, and we've had quite enough of that for one year. It's also an insult to all people who have and are suffering, and yet cultivate pleasure in life.

In New Orleans, the first and best source of happiness is one another, lovers, friends, neighbours, strangers, meaningful relationships of any shape built on decency, kindness, and caring. Bask in them. Snuggle them like an anti-Trump security blanket. Say "I love you" an obscene amount of times, if that's your thing (yes, it's my thing).

The second best source of happiness, which New Orleans also has no shortage of, is meaningful work. Not necessarily your job, though it could be that. But something you do, some way you contribute to your community or country or world. Trump's election has sparked a wave of left-wing activist sentiment and unprecedented support for institutions like Planned Parenthood and the New York Times. It's reminded us that progress is earned. That every right we enjoy was fought and paid for. And that we need to work together.

I'll take my cue, in part, from Samantha Bee, who has been matching bulls— with belly laughs all year, and who recently sat down with, of all people, Glenn Beck.

"It's all of us, against Trumpism," she implored.

"I agree," Beck said. "We tear each other apart and we don't see the human on the other side."

And then they held hands — all four of them.

That, my friends, is magic, too.

Syrian rebel fighters, are evacuated from Aleppo towards rebel-held territory on Thursday. AFP/GETTY IMAGES

SYRIAN WAR

## Battle for Aleppo ends

The Syrian government took full control of Aleppo on Thursday for the first time in four years after the last opposition fighters and civilians were bused out of war-ravaged eastern districts.

The evacuations ended a brutal chapter in Syria's nearly six-year civil war, allowing President Bashar Assad to regain full authority over the country's largest city and former commercial powerhouse. It marked his most significant victory since an uprising against his family's four-decade rule began in 2011.

The announcement was made via an army statement broadcast on Syrian state TV shortly after the last four buses carrying fighters left through the Ramousseh crossing.

"Thanks to the blood of our heroic martyrs, the heroic deeds and sacrifices of our armed forces and the allied forces, and the steadfastness of our people, the General Command of the Army and the Armed Forces announces the return of security and stability to Aleppo," an army general said in the statement.

But for Syria's opposition, it was a defeat that signalled the start of a new struggle to forge a way forward.

The ancient city had been divided into rebel and government parts since 2012, when rebels from the countryside swept in and took hold of eastern districts. That set the stage for more than four years of brutal fighting and government bombardment that laid waste to those neighbourhoods.

THE ASSOCIATED PRESS

ARTWORK

## Verona's 'heart' returned

Seventeen masterpieces valued at 17 million euros ($17.7 million US) were returned to Italy from Ukraine on Wednesday after being stolen by masked, armed robbers from a Verona art museum last year.

Italian Culture Minister Dario Franceschini, who travelled to Kiev to retrieve the paintings— which included works by Rubens, Tintoretto and Mantegna — said the possibility of ever recovering them once seem remote. Still, the paintings returned with little more than scratches after their long ordeal.

"It's an important day, because the works are all returning to Verona intact," Franceschini said. "It was an ugly story that became a beautiful story."

Ukrainian President Petro Poroshenko handed over the paintings to Franceschini in a ceremony in Kiev, saying "the theft of masterpiece paintings is akin to stealing part of the city's heart."

The paintings were recovered in May by Ukrainian border guards who intercepted them during an attempt to smuggle them into Moldova.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Weekend, December 23-25, 2016

URBAN ETIQUETTE ELLEN VANSTONE

# THE RULES: HOLIDAY MEALS

## In these troubled times, it's only polite to fight the good fight at your next festive family dinner — as long as you keep it clean.

It's been a crazy year, with the election in the U.S. and an upsurge of extremist declamations in Canada dividing many of us along class, race, economic and gender lines.

In spite of these differences, however, I believe in my heart of hearts that most of us, wherever we stand on the issues, ultimately want to come together. Granted, this will require a heroic amount of listening, humility and empathy, and I'll be the first to admit that those qualities don't always come easy.

Further complicating things is that proper etiquette doesn't always mean keeping your mouth shut.

It's all well and fine to smooth things over at a holiday dinner when someone spills gravy or passes gas during the meal. But the truly well-mannered person will never stay silent when others promote false or hateful ideas in public or private.

This doesn't mean you get to yell and scream, or throw punches, or deliberately spill the gravy over a disagreeable relative's head.

It does mean you have a moral imperative to speak up and address problematic statements if they arise. For example, it's perfectly polite to say things like:

"Those numbers are false."

"That story is false."

"That statement is homophobic/sexist/racist."

"That kind of language is unacceptable."

"We listened to you express your views, and I'd ask that you now listen to me/him/her with the same courtesy."

At this point, the argument will take one of two paths. The first possibility is that one of the arguers will prove themselves to be incapable of mutually respectful discourse and dissolve into a toxic puddle of insults and wilful ignorance. So be it. Once you have fulfilled the moral imperative of calling them out on blatant falsehoods and un-Canadian slurs against marginalized groups, there's no point in further engagement. You may withdraw from the ring, and even walk away from the table if they keep punching below the belt.

Now, you might ask: why bother calling them out at all, if you know they're going to react this way? Obviously, such a dirty fighter will never change their game. But it's important to make them aware their position isn't inviolable. If everyone is silent when people tell lies and sling slurs, it reinforces the idea all round that such behaviour is acceptable.

Ideally, the dinner-table fracas will take the second path: a fair fight where all parties are willing to listen to one another, and maybe even willing to keep an open mind about their own position.

In this case, you might want to say something like: "I'm genuinely curious about where your views come from, and why you believe the things you're saying. What is it you're most worried about, or afraid of?" You should also consider your own answer to this question.

By the time it's all over, assuming everyone is still at the table, no one is in tears and there's more food inside all of you than on the walls, you might want to indulge in a little speechifying.

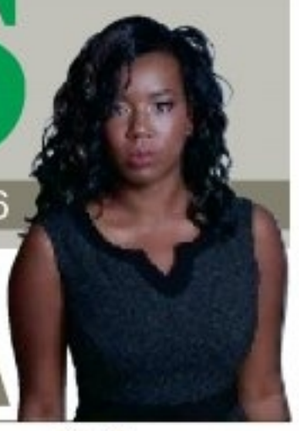
We are so lucky in Canada. Most of us live with such privilege — we're safe from war, hunger, poverty. We have health care and a social safety net. Sure, we have problems, like any other society. But overall we're justifiably envied by the rest of the world for our tolerance of others, our good manners, our beautiful country and our peaceful, well-ordered, proudly multicultural communities.

We've achieved more here than any other civilization in history, but it's fragile. To preserve everything that's precious, we need to find a way to work together, to allay the fears, to stop anyone from feeling marginalized or exploited or unheard.

The fact is, we have so much more in common than the prejudices that divide us.

Happy holidays, from everyone at Metro.

**Need advice?**
**Email Ellen:**
scene@metronews.ca



VICKY MOCHAMA

# A Christmas tradition like no other: Catharsis by jigsaw puzzle

My father doesn't ask his family for much.

He really likes 1,000-piece puzzles, and each year we gather around to help. Instead of presents, we give each other tiny pieces of stress that "look like the corner of that air balloon or maybe that one instead."

This quaint family Christmas scene is actually a seething mess of emotions. It's not Christmas until someone has accused my mother of sabotaging the family by moving the puzzle. And it's not confined to our family. If you walk through our house at any point during the holidays, you will get dragged into the Puzzle Problem. The cost of a free meal and good company at Casa Mochama is at least one hour bent over a puzzle.

My father, a statistician, isn't excited by much — besides his kids (50 per cent of us, 50 per cent of the time) and complex math jokes (see above). He is so ecstatic over this year's puzzle that he sent a warning text. When I ask one of my sisters how she feels her reply is "Noooooo!"

"Because last year Tyler and I couldn't get to sleep because we had to keep going." Last Christmas, she and Tyler were engaged. Puzzle vortex aside, he still said, "I do."

"Puzzles will ruin my marriage," my sister complains.

This clearly isn't my dad's gambit at family unity. Even if you wake up early when all through the house not a person is stirring, you'd better assemble a corner or you risk being kicked out of the house. Once you're conscripted to serve in the Puzzle Platoon, there is no escape. When it comes to puzzle completion, my father is a drill sergeant.

Yet the whole miserable slog is kind of useful.

Instead of a manufactured atmosphere of joy (unless your family are opera singers, no one enjoys carolling together), it is much healthier to go through the stages of grief with family and friends.

We start with the denial that we're going to get caught up in it. Not this year, man, not me. I'm here to read books and eat my weight in stuffing. Soon after, anger descends: In different and unprintable ways, almost everyone expresses that "this is a really stupid idea."

Next, bargaining. If only we'd picked the 500-piece puzzle about a farm, we could eat dinner before midnight. Then depression sets in: Life itself is a puzzle with an infinite number of pieces and, thus, nothing can be solved. The wine comes out.

Finally, acceptance. It is only a puzzle, not the end of the world. But if the apocalypse is nigh, what better group of people to be toiling over a puzzle with?

A puzzle might one day break our family apart, but we're emotionally ready for it.

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MOVIES MUSIC TELEVISION DIGITAL

# Snow business like show business

IN FOCUS

## In Hollywood, you really do have to fake it to make it

Richard Crouse
For Metro Canada

*On a film set the*
*weather is frightful;*
*But on screen*
*it's so delightful;*
*And since snow*
*in July is a no go;*
*Let it fake snow! Let it fake snow!*
*Let it fake snow!*

Are those beads of sweat on Santa's brow? It just might be. Movies set at and released during the Christmas season are usually shot when most people are wearing bathing suits, not parkas. So how do you make it look a lot like Christmas? Fake snow — i.e. cellulose flakes, snow sheets, snow blankets, acrylic icicles — and lots of it. Here's a look at how Hollywood creates sleigh ride in summer.

**1.** Snow Business Hollywood, a leader in providing fake snow for film production, says they have 168 products used to create screen snow. What's the advantage to filmmakers of using artificial snow on a film set? "You can control it," says owner Roland Hathaway. "Also, you're never dealing with the cold weather."

**Snowing in the south of France in May? Hollywood can make it happen. Actors Jim Carrey, Robin Wright Penn and Colin Firth frolic in flurries of fake snow bought in for the Cannes Film Festival premiere of A Christmas Carol in 2009.** GETTY IMAGES FILE

**2.** To create the sound of swirling snow heard on Hoth in The Empire Strikes Back, Foley Artists recorded surf sounds and tinkered with the sound by raising and lowering the volume. The Empire Strikes Back was shot at Elstree Studios, Borehamwood, Hertfordshire, England, the same film studio where The Shining was made. As a result, much of the fake snow used for Kubrick's film was also used for the Hoth scenes.

**3.** Asbestos was often used as fake snow in Hollywood in the 1930s and 40s. The White Christmas sequence in Holiday Inn — showing Bing Crosby singing the classic tune amid the falling snow — exposed the cast and crew to asbestos fiber.

**MOVIE RATINGS by Richard Crouse**

| | |
|---|---|
| Passengers | ★★ |
| Sing | ★★★ |
| Assassin's Creed | ★★★ |
| La La Land | ★★★★ |
| Fences | ★★★★ |
| Why Him? | ★★★ |

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

**4.** The "snowy" maze near the conclusion of The Shining consisted of 900 tons of salt and crushed Styrofoam.

**5.** Fake snow was also used during the uncharacteristically snowless Denver shoot for Die Hard 2. Huge air fans had to be brought in to replicate snowstorm conditions.

**6.** Fake snow is obvious in The Santa Clause when a SWAT officer slips and falls on a set of steps, causing the snow to warp. It's obviously a snow blanket and not snowflakes, either real or fake.

**7.** It's a Wonderful Life was shot in the sweltering heat of a Los Angeles summer in 1946, necessitating the need for fake snow. Instead of using cornflakes painted white — which was loud when stepped on — director Frank Capra and RKO studio's head of special effects Russel Sherman invented a quiet — and sprayable — version by mixing foamite with sugar, water and soap flakes to create the winter wonderland of Bedford Falls.

**8.** The usually snowy Minneapolis/St. Paul International Airport was chosen as the location for the field and terminal scenes in Airport but the film's producers had to use bleached sawdust as a supplement, to make up for the lack of falling snow, until a snowstorm hit the Twin Cities area during the production of the film.

**9.** A "beginner" model movie snow machine will set you back about $1,584.02.

**10.** To create blowing snow for a scene, throw laundry soap flakes or instant potato flakes in front of a powerful fan. Be warned! Soap flakes can make the set slippery. To make a snowy ground, mix 1 1/3 cups of liquid starch, 4 cups of laundry soap flakes and several drops of blue food colouring. To add a sparkling effect, add glitter.

# Secrets behind the La La Land moves

ROUTINES

## Choreographer says months of training went into dances

Choreographer Mandy Moore was lying under a car on the hot pavement while more than 100 dancers above her twirled through gridlocked LA freeway traffic during the opening number of La La Land.

The sequence was months in the making — the most complicated ever undertaken by Moore, who's been creating routines for TV's Dancing With the Stars and So You Think You Can Dance for years.

"I'm going to call it hashtag panic attack," the Emmy-nominated choreographer said of the freeway routine, which required dozens of cars, several stuntmen, 30 professional dancers and more than 100 extras to have perfect timing during long takes.

She had to be close enough to call out cues but couldn't be seen on camera, so she hid under a car, watching on a wireless monitor. She could feel the magic from there when they got the shot.

"I still get goose bumps when I think about it," she said.

Creating that show-stopping (or starting) number and the celestial routines Ryan Gosling and Emma Stone perform in La La Land wasn't Moore's only role in the dreamy musical. She also spent months personally teaching the stars to dance.

A tribute to Old Hollywood and modern Los Angeles, the film is a love story set to original music, with Stone and Gosling dancing together throughout.

Each started with individual lessons at a small studio in Burbank, California — not far from the restaurant where their characters, Mia and Sebastian, first meet onscreen. Moore began with the same basics she would for any new student: connecting movement to music and repeating classic jazz, tap and waltz patterns. Along the way, she worked to build "a general love of dance" in the actors.

Stone picked up the footwork first, Moore said, then focused on style and delivery. Gosling was the opposite.

"With Ryan, he was like, 'I don't know what step you're doing, but if you give me the style...'" she said.

"Her job is to kind of see the diamond in the rough," Gosling said, calling his teacher "a wonderful person and choreographer."

"She's very confident she can get it out of you if you'll stick with her."

Once they got the basics down, Moore put the stars together and taught them Mia and Sebastian's moves,

For La La Land writer-director Damien Chazelle, the most important thing about the choreography was that it be "as much about character as about bodies moving."

THE ASSOCIATED PRESS

**Creating show-stopping numbers for Ryan Gosling and Emma Stone in La La Land wasn't choreographer Mandy Moore's only role in the dreamy musical. She also spent months personally teaching the stars how to dance.** THE ASSOCIATED PRESS

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**Denzel Washington and Viola Davis reunite in the film adaptation of Fences, opening on Christmas Day. They both won Tonys in 2010 for playing the same characters in the August Wilson play, which examines race relations in 1950s Pittsburgh.** THE ASSOCIATED PRESS

# Denzel breathing easy about Fences

INTERVIEW

## Tough calls made in play's first big screen adaption

Denzel Washington is feeling pretty good at the moment. It's mid-December in Los Angeles, Washington is a few weeks shy of his 62nd birthday, and the Screen Actors Guild has just recognized his adaptation of the August Wilson play Fences for its ensemble cast. He's also finally getting feedback from audiences as the film trickles out to theatres before opening wide on Christmas Day.

The ease around it is relatively new. He knew he had the goods, of course. Fences, Wilson's 1983 play about an African American family in 1950s Pittsburgh, had already won the Pulitzer Prize, Tony Awards for the original Broadway cast, and another batch of Tonys for Washington and Viola Davis in their 2010 revival. But, it would also be the first big screen adaptation of a Wilson play, and only Washington's third time behind the camera.

"Going into the film, that's when there was pressure. It was like, 'That all worked, everything worked. Don't mess it up!'" says Washington. "My concern was, first, August Wilson and, second, my actors. And the Screen Actors Guild said, 'We recognize that.' So I was happy. I've kind of relaxed a little bit. And there's nothing you can do about it anyway! The movie belongs to the people now."

The few critiques that have been lobbed at the film about Troy Maxson (Washington), his wife Rose (Davis) and their family have zeroed in on that old idea that when you bring a play to the big screen, the director should "open it up" and disguise its essential play-ness. Washington hates that as criticism of his adaptation, and he gets especially animated about it.

"I did it this way on purpose because August Wilson is first, not, 'Hey! Denzel!"' Washington says, edging out of his seat. "I can do all that. I can do ALL that. That whole big speech he made? I could have been pushing in on me. I could have done that. That's easy!"

Washington's choices to represent Wilson's material were more subtle and informed by the story and what he calls the music of the rapid-fire dialogue. In some instances, he does take it beyond the backyard where the play is set. But all those suggestions, he says, were right there in the screenplay — which Wilson wrote the bulk of before he died in 2005.

"Could we use the bar? Let's see him doing garbage. Let's have the passage of time from when he tells her that one piece of news to whenever," Washington says. "A movie is like a home with all the different rooms. But if you overdo each room too much, it's not pleasant."

The most difficult decisions he made during filming and editing were which actors to shoot and when. It's something that you don't have to decide in a play, when everyone can see everything happening. In some cases he extended scenes, cutting to another person in the kitchen overhearing something, or lingering on Davis for a beat instead of closing out the scene immediately. In others, he could increase the physicality of the moment.

To visualize things better, Washington, recalling Sidney Lumet's advice, staged a two-week rehearsal. He rented out a big church in Pittsburgh, blocked out all the sets using tape on the floor, and hired understudies to be off book. It would allow him and his director of photography, Charlotte Bruus Christensen, to walk around, see all the action happening and figure out the shots from there.

"Nothing beats the confidence of having done it and having been rewarded for it. Viola Davis is not suddenly going to lose the performance somewhere between 2010 and now," he says. "So when the band got back together and we started reading we were like, 'Oh yeah, we can still play.'"

For the really tough calls, Washington says he would consult the spirit of Wilson in his sleep. Wilson's intent was always top of mind. THE ASSOCIATED PRESS

metro TRAVEL
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New American law will make it easier to travel between Canada and the U.S.

# Magic of Rapa Nui

The striking statues found all over Rapa Nui — better known as Easter Island to westerners — are nine metres high, weigh 14 tons, and are shrouded in mystery. AURÉLIE RESCH/FOR METRO; ISTOCK

PACIFIC

## Easter Island's statues hold key to its secrets

**Aurélie Resch**
For Metro Canada

I am four. I stare unblinkingly at the candle I just made with my mother. It is an impressive, stern face with a long nose and a big forehead.

"These statues can be found on Easter Island, far away from here in the middle of the Pacific Ocean," my mother tells me. I never lit the candle. I stared at it. For a long, long time.

Forty years later, I gaze at the Moaïs lying down on the grass.

I'm in the "Pacific's navel" on a tiny island located 3,700 kilometres from Chile and 4,000 km from Tahiti — Rapa Nui for natives, Easter Island for westerners, and best known for its monolithic sculptures that first appeared here between the years 1,250 to 1,500.

Tavi, my guide at Explora and a native from the island, takes me on hikes every day to meet these impressive statues.

"Rapa Nui is all about mystery and legends," he says.

He explains that the nine-metre high heads (weighing some 14 tons) were sculpted out of the volcanic rock from the Rano Raraku volcano we just climbed. They were moved to villages and erected turning their back on the ocean. Moaïs represented the souls of brave warriors, looking after their family and their people.

"The ones lying down the ground fell during the transport. They couldn't be erected," Tavi says. "They needed to be perfect for that."

I look at the abandoned, expressionless faces and I somehow feel sad. They never made it.

Tavi tells me about the birdmen legend. Natives used to dive from a little rock we can see in a distance. They swam and fought with sharks before they reached the little rock where sacred birds laid their eggs. They would bring one back up the cliff to the Make-make god and then be appointed chief of their tribe.

I didn't dive from the cliff into the ocean, but I did swim with sea turtles, who appear on hieroglyphs scattered on the island.

They seem to swim to the shore where the sentinels are keeping the island's secrets.

### IF YOU GO

**Getting there**
Copa Airlines takes you from Canada to Chile via Panama. Latam takes you from Santiago, Chile to Rapa Nui.

**Where to stay**
Explora Rapa Nui is a luxury ecolodge nested in the land. Explora offers many excursions through the islands conducted by native knowledgeable guides.

metro SPORTS

Toronto FC forward Jozy Altidore has won the U.S. Player of the Year Award for the second time

# Canada looks to set pace with its speed and grit

WORLD JUNIORS

## Hosts have not allowed a goal in first two exhibition tilts

**16**

**The number of times Canada has won the event since its inception in 1977.**

Playing on home ice with a team built for speed and tenacity could be a winning combination for Canada at the world junior hockey championship.

While Canada is missing teenage stars like Connor McDavid and Mitch Marner, who have already graduated to the National Hockey League, their closest rivals will also be without top talent at the tournament, which runs from Monday to Jan. 5 in Toronto and Montreal.

Coach Dominique Ducharme brings a team four lines deep in scoring ability with a decent defence and what they expect will be better goaltending with Carter Hart and Connor Ingram than the Canadian side that was eliminated by Finland in the quarter-finals of last year's world juniors in Helsinki.

Canada has five players back from that team: forwards Dylan Strome, Julien Gauthier, Mitchell Stephens and Mathew Barzal and defenceman Thomas Chabot. Forwards like Quebec league goals leader Mathieu Joseph, 2016 third-overall draft NHL pick Pierre-Luc Dubois, Ontario Hockey League scoring ace Taylor Raddysh and University of North Dakota digger Tyson Jost should give them four lines that can provide offence.

"Our pace and our skill and how hard we work, we put those three things together and it really works well," Jost said this week. "We're also a tight group off the ice and that benefits us on the ice.

"One thing you really need in a short competition is for everyone to be close off the ice. You can see that in our dressing room."

Canada will be the favourite on the NHL-sized rinks at home, where it won two years ago when the event was also held in Toronto and Montreal. It was the only medal Canada has won in the last four world juniors, with the other three played on international-size ice in Europe.

The United States, learning that scoring ace and Vancouver Canucks prospect Brock Boeser will sit out with a wrist injury, should also be in the hunt along with Finland, Russia and Sweden.

Besides McDavid and Marner, Canadians who are eligible but weren't loaned for the tournament include defenceman Jakob Chychrun and forwards Travis Konecny, Anthony Beauvillier and Lawson Crouse.

The Americans are also missing Auston Matthews, Matt Tkachuk, Zach Werenski and Noah Hanifin, while Finland is without the top three scorers from last year's tournament — Patrik Laine, Jesse Puljujarvi and Sebastian Aho.

Even some top draft-eligible prospects like Canada's Nolan Patrick and American Casey Mittelstadt are out with injuries, but there are other 17-year-olds expected to go high in the 2017 draft to watch, such as Nico Hischier of Switzerland, Czech forward Martin Necas, Sweden's Elias Petterson and nine young Finns including Eeli Tolvanen, Miro Heiskanen, Juuso Valimaki and Urho Vaakainen.

There is also 16-year-old Swedish defenceman Rasmus Dahlin, who some see as the first overall draft pick in 2018.

THE CANADIAN PRESS

**Canada's Taylor Raddysh scores against Finland goaltender Veini Vehvilainen during exhibition action in Montreal on Monday. Canada won 5-0 and followed that up with another 5-0 win over the Czech Republic on Wednesday.** GRAHAM HUGHES/THE CANADIAN PRESS

> **We're coming together ... The chemistry's building and that's a good thing for this tournament.**
> Canada captain Dylan Strome

## IN BRIEF

**Senators sign Chlapik to a three-year deal**

The Ottawa Senators have signed centre Filip Chlapik to a three-year entry-level contract.

Chlapik, 19, leads the Quebec Major Junior Hockey League's Charlottetown Islanders with 44 points (20 goals, 24 assists) in 26 games this season.

A Prague native, Chlapik was the Senators' second-round selection (48th overall) in the 2015 NHL draft.

THE CANADIAN PRESS

**Jones to return to Falcons lineup against Panthers**

Atlanta Falcons coach Dan Quinn says star wide receiver Julio Jones will play Saturday at Carolina after missing two games with a toe sprain.

Jones' return was expected after he ran full speed at Wednesday's practice.

Despite missing two games, Jones still leads the NFL with 1,253 yards receiving.

THE ASSOCIATED PRESS

**Thompson wins ski cross World Cup tour**

Marielle Thompson ended up as the overall winner of the Audi FIS Ski Cross World Cup Cross Alps Tour after a fourth-place finish in the final race of the series on Thursday.

The native of Whistler, B.C., won three of the tour's six races.

THE CANADIAN PRESS

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# *Spicy* Shakshuka

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

This one-pan dinner is just the thing when you need a quick and easy way to dinner.

**Ready in 40 minutes**
Prep time: 10 minutes
Cook time: 30 minutes
Serves 4

**Ingredients**
- 2 Tbsp olive oil
- 1 onion, diced quite fine
- 3 or 4 cloves garlic, minced
- 1 tsp paprika
- 1/2 tsp ground cumin
- chili flakes (optional)
- 1 can (28 oz) whole tomatoes
- 1 Tbsp tomato paste
- Salt and pepper
- 6 eggs
- 1/4 cup crumbled feta
- Handful of chopped basil or parsley

**Directions**

**1.** Heat oil in a high-sided frying pan over medium heat. Add onion and garlic and let them begin to brown. Add the paprika, cumin and a pinch of chili and stir. Let cook about 3 minutes.

2. Pour in tomatoes and tomato paste and gently break them up. Allow sauce to simmer 20 minutes. Add salt and pepper to taste.

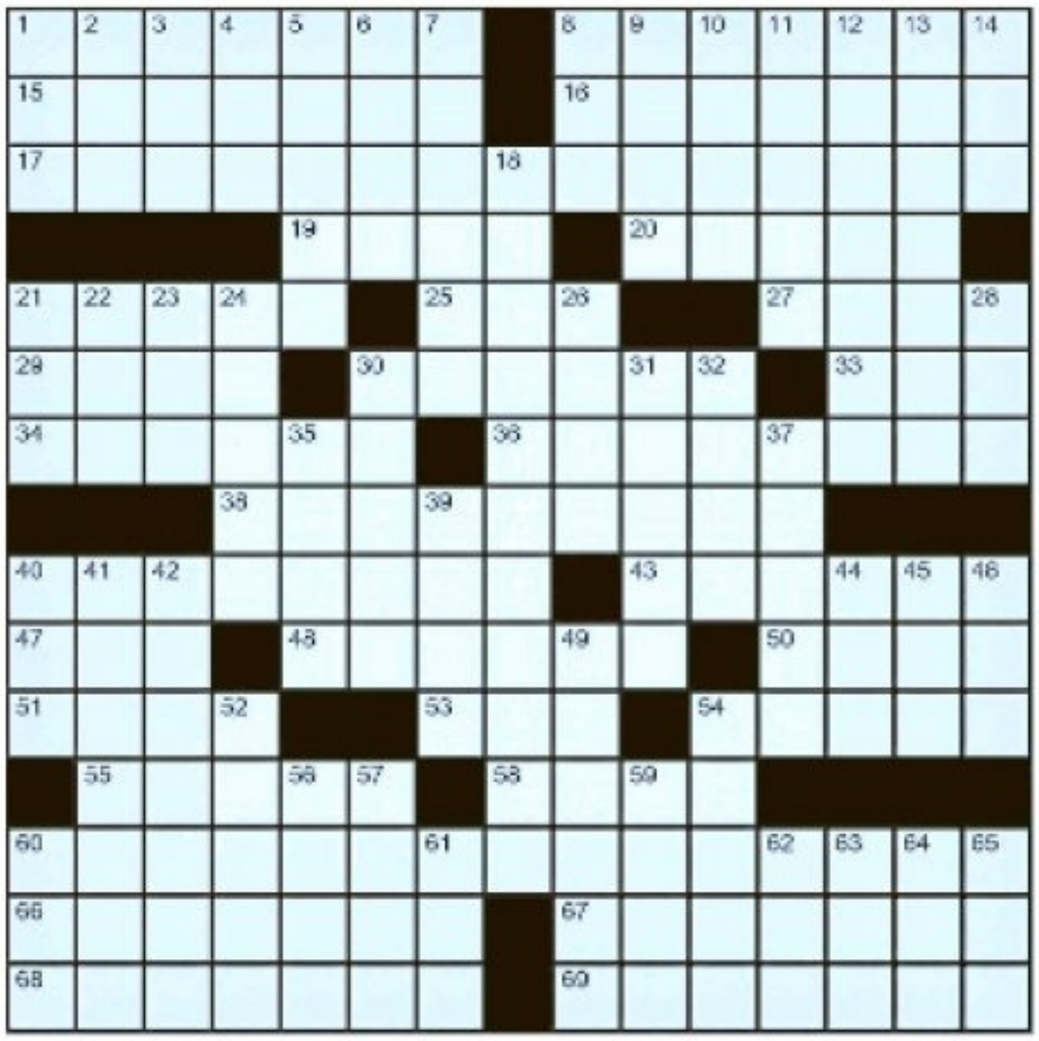
3. Spread sauce evenly across frying pan. Crack eggs over the sauce (I usually place five in a circle around the pan and one in the centre). Cook about 6 or 7 minutes.

4. Crumble feta and basil or parsley over the top. Shimmy a serving spoon under each egg to scoop out of the pan. Serve with crusty bread and some steamed vegetables.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Traditional spinning toy at Hanukkah
8. The Beatles: 2 wds.
15. Without exceptions: 2 wds.
16. Tiding up type
17. To-the-table feast ware: 2 wds.
19. Shakespeare King
20. "__ I care!"
21. Compassion
25. Mr. Danson
27. Smirch
29. 'Within'-meaning prefix
30. Saskatchewan export
33. SNL's Canadian creator's initials-sharers
34. Rock tour gig
36. Traditional toy gift: 2 wds.
38. Yuletide yummy: 2 wds.
40. Gift's version of a cake's cherry: 3 wds.
43. New Brunswick's provincial tree, __ Fir
47. 'Love' in JLo's 'Papi' song
48. Ms. Silverman's
50. Chad or Rob
51. Home bill, e.g.
53. "The Simpsons" storekeeper
54. "__ Hope" (Old soap opera)
55. Dome-shaped Buddhist shrine
58. Single-named fashion model
60. "Office Christmas Party" (2016) star: 2 wds.
66. __ of Aquitaine, "The Lion in Winter" (1968) character
67. Like really dry skin
68. James Joyce's Dublin-set 1922 novel
69. Bee participant

**DOWN**
1. Posh Spice's hubby ...his initials-sharers
2. Arctic explorer John
3. Be off
4. Bill [abbr.]
5. Lacy piece on furniture
6. -ette cousin
7. Smoothly, in music
8. Gladiator's 1150
9. Spanish beach 'waves'
10. Rocker Mr. Wentz
11. The __ ("Soap" family)
12. Playwright Eugene's family
13. Fragrant holiday gift
14. Jrs. dads
18. Roy Orbison Christmas song (which Willie Nelson wrote) that goes "Wrap your presents to your darling from you...": 2 wds.
21. Sea: French
22. Antacid brand
23. Dietary letters
24. Newfoundland comedy troupe that had a same-named CBC sketch series
26. Jeanne _'__
28. Alphabet trio
30. 'Five'-meaning prefix
31. Swedish cars
32. Susan Aglukark's "__ Na Ho (Celebration)"
35. Mr. Fleming's
37. Ms. Furtado
39. Literature: David Copperfield's first wife
40. Songstress Ms. Cantrell
41. Do better than the other realtors
42. Ms. Houston
44. "__ guy walks into..." (Classic joke intro)
45. Grass appendage
46. Not yous
49. Mankind members
52. Belonging to Rome's moon goddess
54. Marie Antoinette, par exemple
56. Fastened-to-clothing jewellery
57. "...friend or __?"
59. In-a-row letters
60. 'Game' in Gaspe
61. Initials-sharers of Oscar-winner Julia's actress niece
62. Roman sun deity
63. Poetic contraction
64. Flamenco exclamation!
65. Big Apple hockey team [acronym]

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Upsets and surprises with political, religious or racial issues are taking place right now, all around you. Fortunately, warm friendships are supportive.

**Taurus** April 21 - May 21
Something unpredictable could affect a situation regarding inheritances, shared property, taxes or debt. Because this might happen, do your homework and get your ducks in a row

**Gemini** May 22 - June 21
Serious partnerships are undergoing sudden changes now. Tread carefully. Don't throw the baby out with the bathwater. Know what you want.

**Cancer** June 22 - July 23
Although you are working hard, you also are looking for ways to introduce reforms and improvements to your job. Something unexpected might occur to help you do this.

**Leo** July 24 - Aug. 23
For some time now, you have been wondering about future goals. Many of you will break out and surprise yourself by trying something different and new.

**Virgo** Aug. 24 - Sept. 23
The stability you want to create at home might undergo a bit of a revolution. Just stay on course, but be ready to listen to new ideas and new ways of doing things.

**Libra** Sept. 24 - Oct. 23
Sudden changes to your job or your residence might be taking place. You have to stay flexible. After all, the rigid trees are the first to snap in a storm.

**Scorpio** Oct. 24 - Nov. 22
Something unusual might affect your earnings at this time. It will be a change that ultimately might create more freedom for you.

**Sagittarius** Nov. 23 - Dec. 21
You're full of unusual, revolutionary ideas right now. You want to do something different. You want to buck the system and carve out a new path for yourself.

**Capricorn** Dec. 22 - Jan. 20
Something secretive and surprising is going on behind the scenes. Whatever it is will not be a secret for long. Be aware of this.

**Aquarius** Jan. 21 - Feb. 19
Your long-term relationship with a friend or a group might need to be changed now. Something is up for grabs, which means you have to be alert. Don't be afraid of change.

**Pisces**
Feb. 20 - March 20
Many of you want more freedom in your career or your job. You want to be self-employed, or you want to have the chance to call your own shots. Now is the time to test new ideas.

**CONCEPTIS SUDOKU** by Dave Green

Every row, column and box contains 1-9

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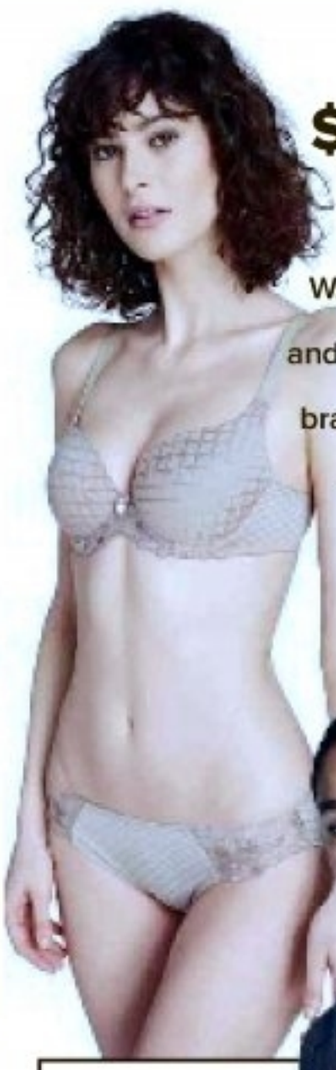

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• LOCAL
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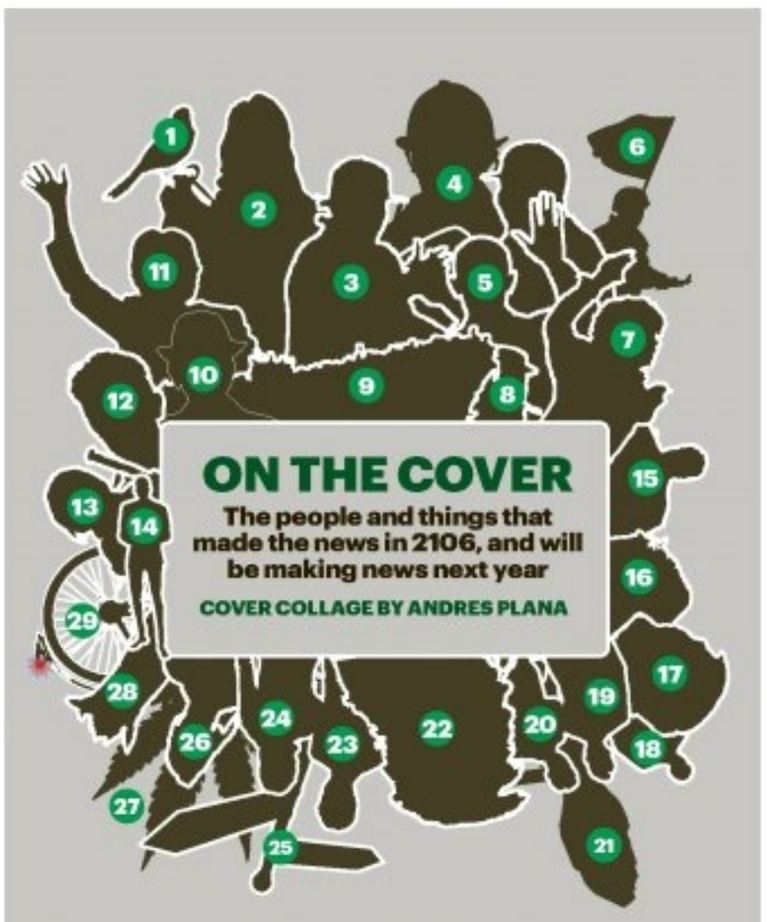
THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

# Saying goodbye and hello




**1.** The grey jay
**2.** Penny Oleksiak
**3.** The Toronto Blue Jays
**4.** Fort McMurray
**5.** Barack Obama
**6.** Aleppo, Syria
**7.** Prince
**8.** Fidel Castro
**9.** Refugees
**10.** Leonard Cohen
**11.** Hillary Clinton
**12.** David Bowie
**13.** Star Wars: Rogue One
**14.** Chris Rock at the White Oscars
**15.** Rob Ford
**16.** One of Toronto's elusive capybaras
**17.** Donald Trump
**18.** Vladimir Putin
**19.** Ryan Reynolds
**20.** Ryan Gosling
**21.** Skinny buildings for generation squeeze
**22.** Indigenous reconciliation
**23.** Justin Trudeau
**24.** Sophie Gregoire-Trudeau
**25.** Brexit
**26.** Beyoncé
**27.** Pot legalization
**28.** Purple Asparagus
**29.** Cycling and road safety

**Vicky Mochama**
Metro

If 2016 was a movie, it could be nominated in every single category. There was drama, comedy, action, and reality TV — and that was just the American election. If 2016 had to be played by one actor, it'd be Meryl Streep. Only Meryl has the range to hit all the highs and lows that 2016 took us through.

This issue of Metro is a retrospective of all the moments that delighted, frightened and surprised us like only Meryl could.

It is also a look forward to the year ahead. The next 12 months will look nothing like that last 12.

Change — big or small, desired or not — is the enduring quality of our time. Our cities, provinces, and country will not stay the same.

And really, neither will we.

At the beginning of 2017, many of us will resolve to change for the better. Gym memberships will not be used. Plans to spend less money will fall apart. (New shoes, new you?) New Year's resolutions will be forgotten.

But for today, Metro resolves to remember the events that changed the year and to ask:

Who will you be in 2017?

1 ISSUES THAT MATTERED

# Reimagining the downtown core

2016 THE YEAR THAT WAS...

## LeBreton Flats proposals include hockey arena, library

Haley Ritchie
Metro | Ottawa

**Ottawa Senators owner Eugene Melnyk reacts following the National Capital Commission approving the results from an evaluation committee regarding the LeBreton Flats redevelopment in Ottawa in April.** The Senators are moving their American Hockey League team to Canada. Team owner Eugene Melnyk purchased Ottawa's the AHL affiliate currently in Binghamton, N.Y. and will move it to Belleville, Ont. for the start of the 2017-18 season. THE CANADIAN PRESS

Whether you're a city-planning cynic or an Ottawa optimist, there's no denying the renovation of LeBreton Flats will be big. It will transform the city's downtown core and change where many people live, play — and watch hockey.

There are 23 hectares of prime real estate on the line and a gamble 50 years in the making. Some of the most exciting projects moving forward in the city — LRT and a new central library — will be heavily impacted.

Critics lament that if only the industrial community of LeBreton Flats hadn't been razed in the 1960s it would be our own version of Toronto's Distillery District: a gentrified, historic neighbourhood with trendy shops instead of an empty field.

Residents face an entirely different situation, a clean slate for an ambitious plan that was set into motion in 1962 and finally began unfolding 54 years later.

In January, hundreds of people headed to the War Museum to see the flashy proposals unveiled — one, called Illumination LeBreton, backed by Senators owner Eugene Melnyk. The other, LeBreton Re-Imagined, led by Quebec billionaire André Desmarais and Cirque du Soleil founder Guy Laliberté.

Illumination promised an aqueduct that would extend the canal skateway, a central library and the all-important NHL arena just west of the downtown core.

Re-Imagined imagined a giant skatepark, a new central library designed to look like an open book and an aquarium. It also included an NHL-calibre hockey arena, even though they didn't own the city's only NHL team.

The hockey element was a fixation in analysis of both proposals. Re-Imagined said they would negotiate to bring the Sens to their downtown arena, but Melnyk bluntly said that idea was off the table.

"I have no idea what they're doing," he told Metro in January.

Mayor Jim Watson, on the other hand, called both proposals "innovative and inspiring."

Residents also had their chance to provide feedback. After the reveal, 8,000 members of the public chimed in with their ideas and opinions.

The visions that made people excited will likely be the boldest we ever see in the process. Slow negotiations will now take place, consultations will pass through both the federal and municipal governments and change and compromise will inevitably take place.

The criteria for picking a proposal were said to be design excellence, year-round access and the viability of the development.

In the end, only one proposal — LeBreton Illumination — could realistically promise a downtown NHL hockey arena and that's the proposal that will go forward into the next phase of LeBreton Flats.

## 2016 THE TOP FIVE

Five news stories that were important to your city in 2016.

**1. Cyclist death at Laurier and Lyon**
In September, Nusrat Jahan, a 23-year-old woman studying at Willis College, died at Laurier and Lyon after being struck by a Tomlinson construction truck.

**2. Closing Prince of Wales Bridge**
While the NCC's decision to shut down a kid's lemonade stand got the headlines, the closure of the photogenic Prince of Wales Bridge, which was deemed too much of a safety hazard, mattered more to locals.

**3. 'Unfounded' sexual assaults**
Metro published an exclusive series of stories in March, finding that in the past 15 years, 2,500 sexual assaults reported to the Ottawa Police Service were deemed unfounded. It was a statistic one victims' advocate called "shocking."

**4. That sinkhole**
In June, a giant sinkhole opened up on Rideau Street and swallowed a van. While no one was injured, traffic was rerouted for months and 1,000 memes were launched.

**5. Marijuana raids**
2016 was a legal grey area for marijuana as the country moved forward on legalization. Pot shops opened (illegally) and had a brief run before public pressure resulted in November raids.

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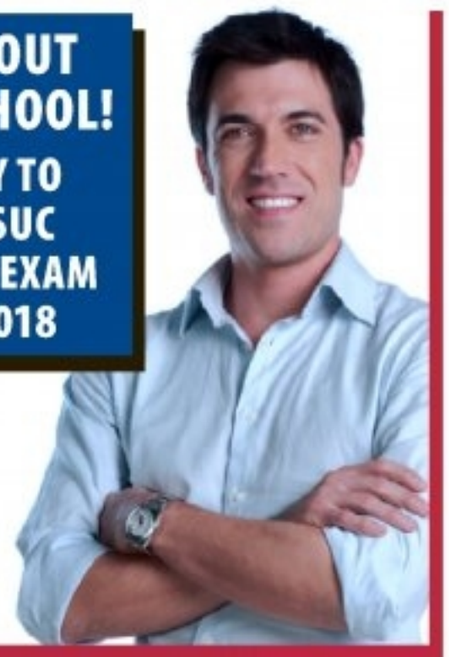

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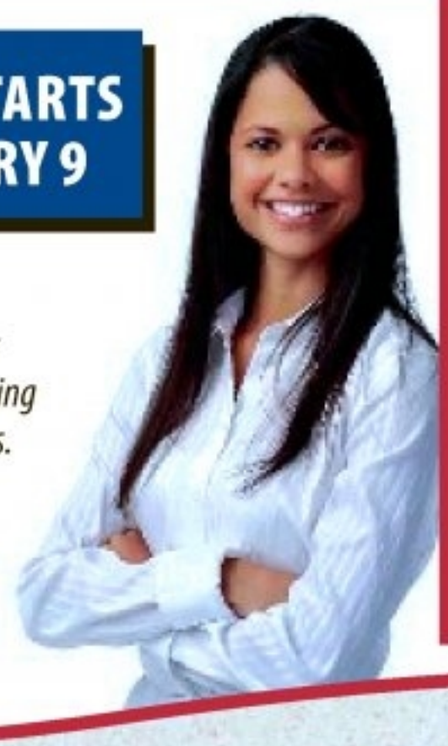

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2 ISSUES THAT MATTERED

# Stunning third season for Redblacks

FOOTBALL

## Grey Cup heroes want to win on home turf in 2017

Ryan Tumilty
Metro | Ottawa

When the Ottawa Redblacks scored a decisive overtime win in the Grey Cup, it was like an exclamation mark on the idea that football has returned to the Nation's Capital.

For owner Jeff Hunt, it was the most stressful three hours he has had in a long time.

"It was a pretty amazing finale to the game it was three hours of enormous stress and volatility, and then to get the win in overtime was one of those once-in-a-lifetime moments," he said.

Now in their third season on the field, Hunt said he's glad to see Ottawa has embraced the Redblacks.

"It's pretty amazing that in three short years the extent to which the Redblacks have been woven into the City of Ottawa," he said.

The Ottawa Redblacks' Henry Burris raises his crutches as he greets the crowd during a rally at Aberdeen Square celebrating the team's victory over the Calgary Stampeders on Nov. 29.
THE CANADIAN PRESS

> **It's pretty amazing that in three short years the extent to which the Redblacks have been woven into the city of Ottawa.** Jeff Hunt

"That's what we do here in Ottawa now, it's become something that people circle on their calendar and look forward to."

Hunt said when they started the team they worried about attracting young people who had no experience with CFL football.

"They were referred to as the lost generation and they had moved on," he said.

He said those fans have come out in big numbers to the Redblacks and it's worked out really well for the team.

"Now, I think we can easily say that there is no team in the CFL that has a greater market of younger fans than we do," he said. "The building is full of those young, supposedly lost generation of fans."

General manager Marcel Desjardins said the on-field product is a result of a lot of planning and long-term thinking.

"It changes from one day to the next, but we are certainly trying to prepare for what is around the corner," he said.

He said previous teams didn't have that long-term view.

"They were always re-active and behind everyone else's thought pattern."

He said winning the Grey Cup was a great accomplishment this year, but now they want to win it at home when Ottawa hosts next season.

But, he said, that won't be easy.

"It's going to be very tricky. We will still be very competitive next year," he said. "There is a lot of work to do between now and training camp in May."

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3 ISSUES THAT MATTERED

# Investigation of Abdi's death ongoing

ABDIRAHMAN ABDI

## Man died in July after altercation with police

Haley Ritchie
Metro | Ottawa

Early in the year, many people in Ottawa watched violent cellphone videos of fatal encounters with police assuming they happened far from home. In July that idea was shattered as multiple videos captured an Ottawa man's last minutes as police forcibly arrested him.

The reverberations of Abdirahman Abdi's death — in a year of highly public deaths of black men at the hands of police — were felt much farther than Hintonburg.

Protests and memorials took place in Ottawa and Toronto. Marchers called for justice. Amira Elghawaby of the National Council of Canadian Muslims called the death "deeply shocking."

We still don't know what happened to Abdi in the moments surrounding his violent arrest by Ottawa police on the morning of Sunday, July 24.

His death raised questions about the way the police — and the greater Ottawa community — deal with race and mental health. We won't be getting any answers in 2016 — and whether an SIU investigation sheds some light on what transpired remains to be seen.

What we do know is that police responded to a call at the Bridgehead coffee at the corner of Wellington Street West and Fairmont Avenue at around 9:30 a.m.

They were told the man was causing a disturbance inside the shop. Witnesses have suggested sexual harassment took place, others said Abdi seemed to have a cognitive mental health condition.

When they arrived police chased him to his apartment building at 55 Hilda St., about a three-minute walk away.

Witnesses say Abdi was struck with batons and pepper-sprayed.

The 15-minute window of time between when the officers caught up to Abdi and when paramedics were called is still a mystery.

One video shows 10 minutes pass before paramedics arrive and perform CPR on Abdi at 9:56 a.m. He is taken to hospital several minutes later. Doctors put Abdi on life support, but on Monday he was pronounced dead at 3:17 p.m.

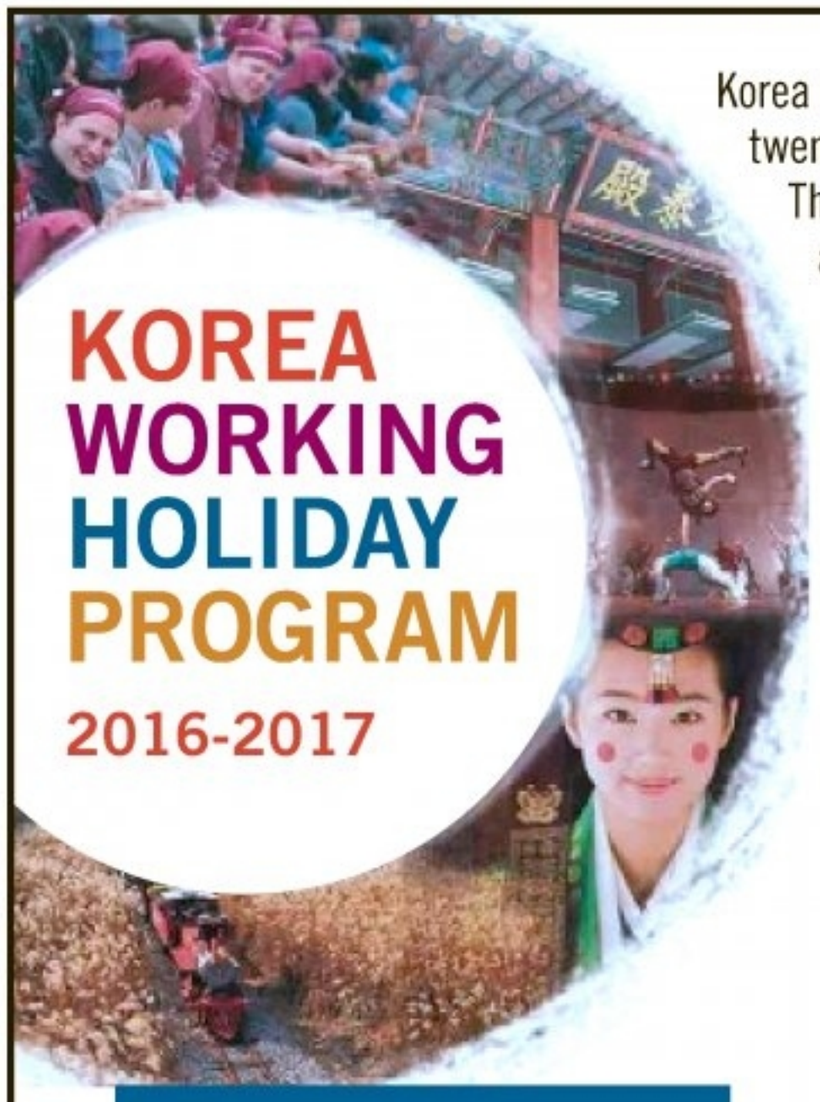
Abdirahman Abdi. CONTRIBUTED

As the year closes on 2016, the Special Investigations Unit will continue its investigation, a process that includes interviews and surveillance footage from the hallway of the building at 55 Hilda.

In July SIU spokesperson Jason Gennaro told Metro that every case is different and can range from a few weeks to many months. Last year, only 4.9 per cent of SIU investigations resulted in criminal charges.

Protesters chant "no justice, no peace" at a rally organized by Black Lives Matter and other groups, outside Ottawa police headquarters in August. MELISSA MURRAY/METROLAND

A makeshift memorial for Abdirahman Abdi in Ottawa in July. Abdi died after an encounter with Ottawa Police.
JUSTIN TANG/THE CANADIAN PRESS

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# Psychic predicts positivity for Ottawa

Ottawa psychic Matthew Stapley gave Metro an idea of what to expect for the city in 2017. ADAM KVETON/METRO

PSYCHIC

## Matthew Stapley on what to expect

Adam Kveton
For Metro | Ottawa

For those ready to put an end to 2016, we've got good news.

Next year marks a change for Ottawa, with less crime, greater positivity and more community support. That's according to the predictions of a local psychic.

Metro sat down with Matthew Stapley earlier this month in an effort to bring you next year's news as early as possible.

Stapley has been a professional psychic since the age of 17. He says his gift became clear early in life, most notably when his dad was in Thailand. Stapley spoke with him over the phone, and without being asked, he described the contents of the room his dad was in with startling accuracy. He's been honing his abilities ever since, he said.

We discussed politics, sports, issues and people, and Stapley came up with some interesting forecasts, but the strongest was a renewed positivity from citizens.

"I feel like this year was a very heavy year for a lot of people," said Stapley. That's going to continue, he said, at least until the snow melts.

"As the weather warms up, I really feel like there is going to be a surge in people getting more involved in the community in general, so whether it's like people volunteering more than they ever have here in Ottawa, or people getting more excited about things. That's going to be something notable."

### STAPLEY'S PREDICTIONS: CLIP AND SAVE TO TRACK HIS ACCURACY

**SPORTS**

Stapley said he feels the Ottawa Redblacks will see continued success in the new year, with morale continuing to build. Lansdowne Park itself will also see greater use, attracting more people who aren't necessarily sports fans. The Ottawa Senators, however, will have some issues, said Stapley. Either in the middle or the end of their next season, the team will run into problems with one or two players, which will impact the team's performance. Sens fans will be upset with how managers handle the issue, he said.

**CRIME**

Stapley feels the city will not see another shooting — heavy year in 2017, with crime in general seeing a drop. But he expects the police and city bylaw to rankle residents early in the year with strict enforcement due to 2016 crime.

**LRT**

An announcement about the city's light rail transit plans will signal relief for businesses sometime in March or February, said Stapley. He also feels that homelessness and poverty will be addressed in a new, exciting way in the city.

**CANADA 150TH CELEBRATIONS**

The various events planned for Canada's 150th birthday celebrations will see a boost from the people of Ottawa looking to help out, said Stapley. And try not to worry too much about the city's plans to allow tenting on certain public parks. It won't be that big of a deal.

**TRUDEAU, TRUMP AND WATSON**

Ottawa's mayor won't be making any big changes, but the warm weather will see him participating in public events even more than before, said Stapley. He expects Prime Minister Justin Trudeau to hold a large event in the fall that will include politicians from various countries. The meeting will appear innovative, but left-wing activists won't like those involved. As for U.S. President-elect Donald Trump, concern over him will fizzle out in 2017, said Stapley. But 2018 could see a return to worry.

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DAY BOXING

1 ISSUES THAT WILL MATTER

# Construction soon coming to an end

THE YEAR THAT WILL BE 2017

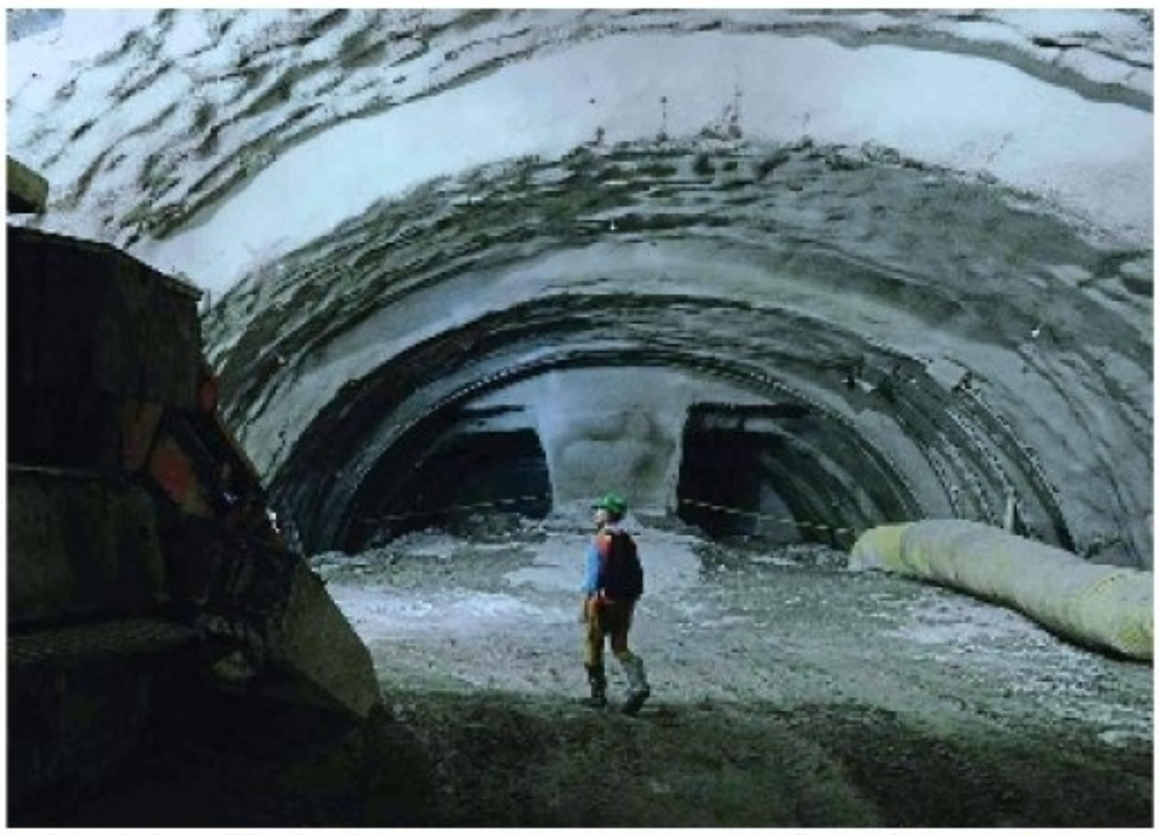
## Most work on Confederation LRT Line will be completed

Ryan Tumilty
Metro | Ottawa

Ottawa's long-awaited LRT system will move from paper to concrete reality in 2017.

The Confederation Line's years-long construction process will largely wrap up next year, according to Steve Cripps, the director of the light rail implementation office.

"By the end of 2017, the majority of the true construction or the heavy civil work will be complete," he said. "It's going to look like a light rail system and you're going to see trains on the line."



A view of what will be the Lion Street Station, as seen on a media tour in August 2014.
THE CANADIAN PRESS

Cripps said while the line won't fully open until 2018, the last few months they will mostly be working on commissioning, training and testing.

He said the Parliament and Rideau stations will be the last to be finished up, but even those will be done by February 2018.

"Those ones are behind a little bit compared to the others ones because the sinkhole had an impact."

The first trains for the system have already arrived in the city and have been out on the line for testing, and Cripps said by the end of next year they expect all 34 units to be assembled.

Cripps said next year's final construction won't result in any new delays for people travelling above ground.

Mayor Jim Watson said he's thrilled to be seeing the project come to full fruition and believes the community is excited as well.

"People tell me all the time they are seeing the trains being tested in the east end," he said.

Watson said after years of debate, designing and trying to get the lines funded people are excited to see real progress.

"The more people see the trains being tested the more they finally realize that we are not just talking about building LRT, we're actually going to deliver it in 2018."

## 2017 THE TOP FOUR

Here is a look at some of the issues the city will face in the 12 months ahead:

**1. Violence continues** For Ottawa, 2016 was record year for homicides and stabbings on city streets. Some officers have raised the possibility that a level of violence like this could be a "new normal" for the city, which some years has had only a handful of deaths. What happens early next year could be very telling.

**2. Supervised injection sites** Expect plenty of debate next year over the issue of a supervised injection site in Ottawa. The Sandy Hill Community Health Centre plans to put their application to set up a facility in the city soon. The federal government wants to make setting up such facilities easier, in part to deal with a spike in overdose deaths related to fentanyl, but Ottawa's police chief does not support the idea.

**3. A home fit for a prime minister** What to do about 24 Sussex Drive could be an issue for Ottawans and for the entire country in 2017. The Trudeau family decided against moving into the official residence when they took office in 2015. Estimates to do all the necessary work to improve the building have run into the tens of millions of dollars, but no decision has been made yet on what will happen. Those costs only continue to mount, so that choice might have to be made in 2017.

**4. Bike Lanes** Ottawa's network of separated bike lanes is continuing to expand with more lanes set to open up in front of the U.S. Embassy on Mackenzie Avenue. Will the city keep pushing for shared space on city roads and how well will they work is what to watch for in 2017. METRO

# Ottawa's most memorable photos from 2016

1 Local politicians and members of the Ottawa 2017 board celebrate the latest announcement for Canada's 150th anniversary on Thursday, Jan. 21, 2016.
LUCY SCHOLEY/METRO

2 Carleton biologist Michael Runtz carts his stuffed wolverine, Hugh, across campus on Jan. 25, 2016.
EMMA JACKSON/METRO

3 Environment Minister Catherine McKenna and XO Velo blogger Zara Ansar take (fashionably) to Ottawa's streets on May 30, 2016 for Bike Day on the Hill. The theme of this year's event was fancy dress.
HALEY RITCHIE/METRO

4 Mourners arriving for a memorial pass flowers laid outside the apartment where Abdirahman Abdi lived and was fatally injured on Sunday after being arrested by Ottawa Police officers, Tuesday, July 26, 2016 in Ottawa.
THE CANADIAN PRESS

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# Counting on challenges for Trudeau

THE YEAR THAT WILL BE 2017

## Tories, NDP get ready for new leaders, hope for better year

Count the federal Conservatives and the NDP among those looking forward to a better year in 2017 — a year the two opposition parties are also counting on as a significant challenge for one Justin Trudeau.

The dramatically different political landscape on the other side of the Canada-U.S. border is going to throw a wrench in the Liberal prime minister's plans, says interim Conservative leader Rona Ambrose.

"There's a train coming down the track and I don't think he's faced the reality of it," Ambrose said in an interview.

The new year will bring with it permanent new leaders for both the Tories and the New Democrats, as well as a clearer sense of direction in both substance and style as preparations begin in earnest for the next election cycle.

But as one political party's rising fortunes are often tied to the diminishing fortunes of another, both are especially focused on what the calendar change will mean for the Liberals.

High on that list are higher taxes on the wealthy and Liberal plans for lower greenhouse gas emissions — including a national price on carbon — and how they will affect Canada's ability to attract investment once U.S. president-elect Donald Trump arrives in the White House.

"All of this means job losses for Canada, because it means we're going to be uncompetitive compared to the United States," said Ambrose, citing Canadian beef exports and softwood lumber as possible targets in any renegotiation of the North American Free Trade Agreement.

"How is Prime Minister Trudeau going to protect those jobs? What's the plan? I just don't believe he has one."

At the same time, Ambrose said the likelihood that Trump will approve the Keystone XL pipeline quickly after taking office is "an opportunity" for Canada.

Trudeau, who also supports Keystone XL, expressed disappointment when U.S. President Barack Obama rejected the project just as the Liberal government was taking office last year.

NDP Leader Tom Mulcair said Trudeau is putting the cart before the horse when it comes to approving Kinder Morgan's Trans Mountain pipeline without a tangible plan to reduce greenhouse gas emissions, as they committed to last year at the UN climate change conference in Paris.

"A lot of Canadians are feeling disappointed and indeed betrayed by a government that got elected by promising real change, but in case after case, example after example, file after file, real change isn't there," Mulcair said this week.

Mulcair cited the Liberal decision to stick with the Conservative targets for emissions reductions as one glaring example.

The fact remains, though, that while the Conservatives and the NDP have been ramping up their attacks on the Liberals on issues like so-called "cash-for-access" fundraising and electoral reform, both need permanent leaders before they can begin to showcase themselves as alternatives.

The Conservatives will choose a new leader May 27 from a bank of hopefuls that currently numbers 14 confirmed candidates.

Chad Rogers, a Conservative strategist, said that as far as electoral defeats go, 2015 was actually a pretty good one for his party.

"As Conservatives, for those of us who have been around for a while, we usually blow the whole thing up, and then go into the wilderness and lick our wounds and kill each other for a while," said Rogers, a partner at Crestview Strategy.

Rogers also said he was pleasantly surprised, during last month's leadership debate in Saskatoon, to see how little daylight there was between the candidates on many of their policy ideas.

"The coalition is fine."

The New Democrats, on the other hand, still don't have an official candidate, although Peter Julian and Charlie Angus both relinquished their roles in the NDP shadow cabinet to explore possible bids.

New Democrat MPs Niki Ashton and Guy Caron, as well as Ontario NDP legislator Jagmeet Singh, are also in the mix as potential contenders.

The party won't start voting until September, a process that could extend all the way to the end of October before a victor emerges.

Robin MacLachlan, an NDP commentator with Summa Strategies, said members are eager for the race to take shape so they can move past the internal battle that saw Mulcair lose a leadership review vote this last spring.

Grassroots members were cut off from the decision-making process of both the campaign and the leadership, he added. "It's a time to reconnect with the grassroots of the party."

In different ways, the elections of both Trump and Trudeau show that voters are looking for a leader who can connect with people, said MacLachlan.

Whether Trudeau can keep it up is another matter — especially, Ambrose noted, when so much about the world has changed since he was elected.

"I think the fun is over," she said, "and the hard work's going to start." THE CANADIAN PRESS

Interim Conservative leader Rona Ambrose says soon-to-be dramatically different political landscape in the U.S. is a reality Justin Trudeau has not yet faced. SEAN KILPATRICK/THE CANADIAN PRESS

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# Moments that won't be forgotten

From the prime minister's welcoming of Syrian refugees to Jian Ghomeshi's trial, here are five moments from the past year.

**METRO** WITH FILES FROM THE CANADIAN PRESS/ALL PHOTOS THE CANADIAN PRESS

Prime Minister Justin Trudeau pledged additional humanitarian support for refugees at a press conference at the 71st Session of the UN General Assembly in September.

SYRIAN REFUGEES

## Our model recognized across the world

This year, as the Liberal government moved to fulfil their (modified) promise to bring in 25,000 Syrian refugees into the country, Canada's population numbers swelled to well over 36 million. This number is at its largest since 1988, as the population grew by 1.2 per cent. The boost in overall population was due, in part, to the Liberals' Syrian refugee resettlement program, a model which has received commendation around the world and is seen as one to emulate. The number of Syrian refugees in Canada since November 2015 is well over 30,000. However, Canadians are pushing the government to do more. Individuals who want to privately sponsor refugees have taken to the streets to protest the red tape and bureaucracy surrounding the program.

JIAN GHOMESHI

## Case unearthed difficult truths

The former CBC host of the radio show Q, Jian Ghomeshi, was acquitted of five charges relating to sexual assault or harassment, and the last charge was withdrawn after a peace bond agreement and an apology to his victim. Ghomeshi's trial began Feb. 1, 2016. The Ghomeshi case shined a light on entrenched institutional sexism and misogyny that many had not wanted to admit existed in Canadian culture. The case challenged the way we think about victims and how victims behave before, during or after an alleged assault.

The Duke and Duchess of Cambridge attend a children's party with Prince George and Princess Charlotte at Government House in Victoria, B.C. on Sept. 29.

ROYAL VISIT

## 'Pop,' says the Princess

The Duke and Duchess of Cambridge brought their two children, George and Charlotte, along for a royal tour of Canada in September. The couple met with Olympic athletes, talked with Syrian refugees and hung out with PM Trudeau and his wife Sophie Gregoire-Trudeau.

Prime Minister Justin Trudeau speaks at Parliament Hill after meeting with Manitoba Metis Federation President David Chartrand, Assembly of First Nations Chief Perry Bellegarde and President of the Inuit Tapiriit Kanatami Natan Obed.

INDIGENOUS RELATIONS

## On the path to reconciliation

Despite what many thought was inadequate funding in the federal budget for indigenous people, the Liberal government says it has been committed to furthering the process of reconciliation. The Liberals removed Canada's objector status to the UN Declaration on the Rights of Indigenous Peoples in May. The government also launched an independent inquiry into Canada's missing, murdered indigenous women in August.

CLIMATE ACTION

## National carbon tax announced

In October Trudeau announced a national "floor price" on carbon that would require all provinces and territories to have some form of carbon pricing by 2018. Putting a price on carbon is meant to incentivize individuals and companies to look for lower emission options.

# Division, suspicion and bitterness

2016 THE YEAR THAT WAS...

## Rejection of middle-ground solutions, institutions

Fed up with Europe's union across borders? Reject it. Disgusted with the U.S. political establishment? Can it.

The news in 2016 was filled with battles over culture and territory that exposed divisions far deeper than many realized. But people confronting those divides repeatedly rejected the prospect of middle-ground solutions and the institutions put in place to deliver them.

While the headlines told many different stories, the thread connecting much of the news was a decisive torching of moderation, no matter how uncertain the consequences.

"You're not laughing now, are you?" Nigel Farage, a leader of the so-called Brexit campaign told the European Parliament after voters in Great Britain spurned membership in the continental union. "What the little people did ... was they rejected the multinationals, they rejected the merchant banks, they rejected big politics and they said actually, we want our country back," he said.

Farage was speaking only about the United Kingdom. But his observation that many people well beyond Britain shared that disdain for working within the system was borne out repeatedly in the year's biggest headlines.

**Jerry Lambert, a supporter of Republican presidential candidate Donald Trump, and Asa Khalif, with the Black Lives Matter movement, scuffle, after Khalif took Lambert's sign, outside the location where Trump was to meet with African American business and civic leaders in Philadelphia.** THE ASSOCIATED PRESS

In a U.S. presidential campaign fueled by anger and insults, in Syria's brutal war and Venezuela's massive protests, in fights over gay rights and migration, opposing sides rejected not just compromise but the politics of trying to forge it.

That was clear from the year's first days, when armed activists took over a national wildlife refuge in Oregon's high desert, opposing the federal government's control of public lands.

"It needs to be very clear that these buildings will never, ever return to the federal government," LaVoy Finicum, an Arizona rancher among the activists, told reporters. Weeks later, federal agents stopped vehicles outside the refuge, arresting eight of the activists and fatally shooting Finicum when he reached into a jacket that held a loaded gun.

Even in the rare cases when compromise prevailed, it was viewed with suspicion.

When a deal took effect in January limiting Iran's nuclear program in exchange for relief on sanctions, it marked the culmination of prolonged negotiation by President Barack Obama's administration. But the pact was repeatedly attacked by critics in both countries, including Donald Trump, saying it gave the other side too much.

"The wisest plan of crazy Trump is tearing up the nuclear deal," a leading Iranian hardliner, Hossein Shariatmadari, told his country's news agency.

In mid-February, Supreme Court Justice Antonin Scalia died in his sleep, leaving a vacuum on a court where he had long been the leading conservative voice. Barely an hour after Scalia's death was confirmed, Senate Majority Leader Mitch McConnell staked out an uncompromising position on what lay ahead.

"The American people should have a voice in the selection of their next Supreme Court justice," McConnell said, disregarding the fact that U.S. voters had twice elected Obama. "Therefore, this vacancy should not be filled until we have a new president."

Tensions over U.S. policing bled into a third year. In July, a sniper killed five Dallas police officers during a protest over shootings of black men by police in Louisiana and Minnesota. A South Carolina jury failed to reach a verdict in the trial of an officer caught on video fatally shooting a black man fleeing a traffic stop.

Division, though, was hardly limited to the U.S.

In Venezuela, triple-digit inflation and shortages of food and medicine fueled 6,000 protests throughout the year that brought millions into the streets. But the government of President Nicolas Maduro, blamed by many voters for the chaos, blocked a recall campaign. In Colombia, voters narrowly rejected a deal between the government and a guerrilla group to end a 52-year civil war. Even when lawmakers approved a renegotiated deal, the peace remained fragile.

In Brazil, senators impeached President Dilma Rousseff for manipulating budget figures, though many of the lawmakers were, themselves, tarred by accusations of corruption. South Korean President Park Geunhye was stripped of power in December amid allegations she let a close friend use the government for financial gain.

Meanwhile, Syria's war entered its sixth year. But despite pressure by the U.S. and its allies, Russia and the government of President Bashar Assad unleashed an assault on Aleppo to wipe out rebels, driving up the toll in a conflict that has already claimed as many as 500,000 lives.

THE ASSOCIATED PRESS

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**VICKY MOCHAMA** ON THE QUEST TO BECOME MORE CULTURED

# There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity. I am the latter.

At the beginning of the year, I thought I would become a more cultured person.

Without intent or desire, I have made friends who have no interest in the Marvel Cinematic Universe or the Instagram accounts of football players. Determined to (a) impress these smart, serious people and (b) actually become smarter, I drew up a month-by-month plan of all the different types of culture I would take in. The plan was in graph form, the Y-axis consisting of months of the year, the X-axis organized by verb: Go, Listen, Watch and Read.

In January, for example, I would go to the art gallery, listen to Kendrick Lamar's To Pimp A Butterfly, watch Rigoletto, and read Marlon James' A Brief History of Seven Killings. I won't keep you in suspense — I failed. I fell asleep halfway through Rigoletto. The whole thing is in Italian!

The bold plans I had for June (go to the House of Blues in Chicago, read Love In the Time of Cholera, etc.) were dead in the water by mid February. In the spring, I realized I wouldn't achieve my ambitious plans. Wanting to be dauntingly erudite had not stopped me from watching Captain America: Civil War three times in one week in theatres. Yet the goal of becoming smarter was implanted. So, in May, I asked for a subscription to the New Yorker as a birthday present.

This was a more sensible plan. I'm a writer. I enjoy everything I've ever read in the magazine. And I no longer have the attention span I used to for books. It seemed perfect. And at first, it was. I would get through an issue pretty quickly and then I could do what I had intended all along: tell people about how I'd read something in the New Yorker. There are people who are genuinely intellectually curious, and there are those who are genuinely interested in bragging about their intellectual curiosity.

I am the latter.

To my mind, this has always seemed like the reason for most cultural to-do lists. Saying "I've been wanting to see that film" is really about telling people that you're smart enough to know about the film. Also, that you use the word "film."

But ambition met its foe: Life, and the full tedious living of it, distracted me. A new job, new friends, new shows on Netflix — all consumed my attention before I could open up a New Yorker. I took a few of them on a vacation in the hopes of catching up, but I mostly just changed the temperature at which I was not reading the New Yorker.

Goals are an admirable thing to have. Working towards them with or without success is a form of personal growth. Embracing my lack of success doesn't mean I didn't learn anything: I learned that there are some things that I'll never be good at again like listening to the newest albums. Failure has a clarifying quality.

Time will tell if I have achieved my goal of impressing intelligent people. (My conversation starter at parties is "The movie Mean Girls tells you everything you need to know about politics" so who can truly say?)

But what I've missed in culture, I've learned about myself: I don't know how Rigoletto ends, and I'm OK with that.

> **Embracing my lack of success doesn't mean I didn't learn anything.**

## SOUND SMART

We all have to make a lot of small talk over the holidays. And you're going to need to sound like you know what you're talking about. Here are some words and phrases that really caught on in 2016.

### Hatchimals

**DEFINITION** The holiday season's hottest toy is an electronic stuffed bird similar to a Furby, except to play with it you have to wait for it to theatrically hatch out of the plastic egg it comes in.

### Dumpster fire

**DEFINITION** A complete mess, much like the year 2016 was said to be for the planet: A stinky, dangerous, flaming pile of garbage ruining the surrounding climate.

### Whitelash

**DEFINITION** A backlash by white people. Originally referred to civil-rights naysayers in the 1960s, but revived during the 2016 U.S. election.

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THE YEAR THAT WAS AND.... ...THE YEAR THAT WILL BE

# Year's biggest celebrity stories

## 2016 THE YEAR THAT WAS...

### From swoon-worthy couples to crushing breakups

Ryan Porter
For Metro Canada

You know it's a big year in celebrity news when Eva Mendes can carry Ryan Gosling's baby for eight months before anyone even notices. These celebrity bombshells were the biggest focus-pullers of the year.

**The cutest Toronto duo since the panda cubs**
Does Buckingham Palace have Netflix? Since Prince Harry arranged an introduction to Suits star Meghan Markle through a friend last July, the couple is so official that the Toronto-based actor wears a chain with an M and an H on it.

**Kim butts in on Kanye and Taylor**
In July, Kim Kardashian dropped Snapchat video of husband Kanye West telling an approving Taylor Swift he wanted to name-check her in his song Famous.

Taylor denounced the track after its release, which social media took as proof of Swift's duplicitous nature. But Kanye never mentioned the lyric "I made that b---- famous" to Swift, which she underlined in a statement, declaring, "I would very much like to be excluded from this narrative." OK, starting now.

**If you need Jennifer Aniston, she will just be happily married and glowing**
Where were you when you found out that Angelina Jolie had filed for divorce from Brad Pitt? Adele called the split "the end of an era" (she later clarified that she was joking and "couldn't give a f—ing s—" ).

And while the saga continues to develop, the relative lack of commotion just shows how much we have all moved on to more pressing matters, such as whether or not Madonna has butt implants.

**Johnny Depp: from movie monster to actual monster**
When Amber Heard filed for a restraining order against Johnny Depp in May, claiming Johnny had been "physically and verbally abusive" throughout their relationship, it was an idol-crushing moment. That is something that you just can't come back from. Unless you are Sean Penn, Nicholas Cage, Christian Slater, Josh Brolin, or another powerful man in Hollywood, and then it's fine.

**The Kim Kardashian jewel heist**
During Paris fashion week in October, Kim Kardashian was bound and gagged at gunpoint in her Paris hotel room as jewel thieves scooped up $10 million in jewelry, including her $4.5-million engagement ring. The stress from the robbery is said to be a contributing factor to Kanye West's recent stay in a psychiatric hospital.

## 2016 THE TOP FIVE

Let's not forget these classic pop culture moments from 2016:

**1. The late, great everyone.** If one of your favourite singers didn't pass away far too early this year, you may have terrible taste in music.

**2. The Rob also rises.** Rob Kardashian went super public with his new love and family frenemy Blac Chyna. In November, they welcomed daughter Dream Kardashian.

CELINE

**3. Celine shows how a heart does go on.** At her husband Rene Angélil's funeral, Celine Dion bravely marched through the Montreal cathedral as a widow, 22 years after walking the same aisle as a bride.

**4. Live with Kelly and no one.** Kelly Ripa has had 52 cohosts since Michael Straihan left in May, but there's no question as to who the star is.

**5. Who is Becky?** Beyoncé's visual album Lemonade crackled with a political charge, yet the most discussed lyric remains, "better call Becky with the good hair."

RYAN PORTER/FOR METRO

# 5 FOOD TRENDS TO LOOK OUT FOR IN 2017

It's not just the fashion world that uses change as a way of keeping us interested. The food world — from popular grocery items to hard-to-book restaurants — is about as trend-addicted as it gets. Doubt us? Think back to the kale chip fever of 2015. Or, a little thing called tacos? Here are the trends we'll be watching in 2017.

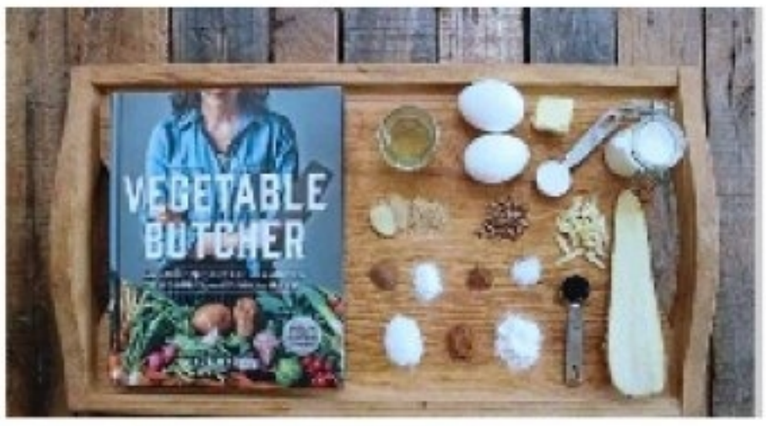
CERI MARSH AND LAURA KEOGH

## Colour of the Year: Purple

Pantone can't be the only one that makes the big pronouncements on colour. We're betting you're going to notice a lot more of this rich and phytochemical-indicating shade on future trips to the grocery store. You'll see purple sweet potatoes, cauliflower, broccoli, carrots, even corn and asparagus. But you'll also notice purple popping up in chips and cereal.

## 2 Innovation of the Year: Amazon Go

There may only be one cashier-less grocery store open in Seattle but Amazon promises to bring AI wizardry to 2,000 locations. Shoppers swipe their smartphones on a sensor as they enter, get groceries and the "just walk out" technology charges your Amazon account. No word on whether it's coming to Canada. Which gives us time to figure out how to send our driver-less car to go and pick up the groceries.




## 3 Cuisine of the Year: Vegetable Butchery

Upping our veggie intake is a well-known boon to health and couching it in terms that carnivores can appreciate never hurts. Books like Cara Mangini's The Vegetable Butcher and Toronto's own Yam Chops, selling beet burgers and Korean barbecued vegan chicken as well as their famous yam chops, are leading the way.

## 4 Feel Good of the Year: Waste Not, Want Not

In North America, every household tosses out an average 215 to 275 kilos of food. Expect to see talk about how meal planning can reduce the groceries that get wasted. You'll also see chefs including dishes that boast carrot tops or beet greens as a way of showing off their ability to use more of the food they're buying.

## 5 Ingredient of the Year: Coconut

Kale has hogged the spotlight too long! Many home cooks have swapped canola oil for coconut oil for its high smoke point and health benefits, but expect to see coconut popping up other places, too. Baked coconut chips, coconut tortillas, coconut flour, coconut yogurt and kefir and deliciously, coconut butter.

## PLAY Yesterday's Answers

from your daily crossword and Sudoku

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**for more fun and games go to metronews.ca/games**

# New twist on a time-honoured tradition

THE YEAR THAT WILL BE 2017

## Dream big when making your New Year's resolution

Megan Haynes
For Metro Canada

On Dec. 31, as the clock strikes midnight, Canadians will set their resolutions — the time-honoured tradition of improving themselves in the new year.

Of course, breaking New Year's resolutions by February is also a time-honoured tradition.

The first mistake people make, says Halifax-based wellness coach and nutritionist Michelle MacLean, is people don't dream big enough — they limit themselves to what they think they can achieve.

Instead, she recommends people figure out, in a perfect world, where and who they want to be a year from now — whether that's a healthier person, more successful, in love, etc.

"Don't limit yourself — get deep, get juicy," she says.

Twelve months isn't a lot of time, MacLean admits, so while she encourages clients to dream big, she recommends only picking two or three resolutions and write them down.

"It evokes that visceral experience, and you become emotionally connected (to your resolutions)."

Then keep them visible, such as with reminders on the phone or a vision board in the office — something to keep the goals top-of-mind.

Alex Tran, a Ph.D. candidate at Waterloo who studies the effect of goals and goal achievement on the brain, says small steps are crucially important to keeping resolutions.

When the brain has an ambition (such as going to the gym), but is also in conflict (you're still sore from yesterday), people tend not to act at all.

Instead, make mini-goals (put on sneakers, fill up gym bag, head towards the gym, lift the weights) to get over that conflict.

"When you reduce that goal into something simpler, you're no longer running into the same barriers," he says.

Finally, MacLean says it's important to keep things in perspective. Failing to keep a resolution doesn't make people failures. Rather, at the end of the year, people should reflect back on what they learned about themselves, eg.:

- Are you too picky in your dating life?
- Are you happy with the work you produced even if you didn't achieve that promotion?

Reframing it as a way of learning about yourself can help people better plan (and keep) their goals the following year, she says.

**Halifax-based wellness coach and nutritionist Michelle MacLean recommends writing down your resolutions and keeping them visible in order to keep the goals top-of-mind.**
ISTOCK PHOTO

### CREATIVE IDEAS

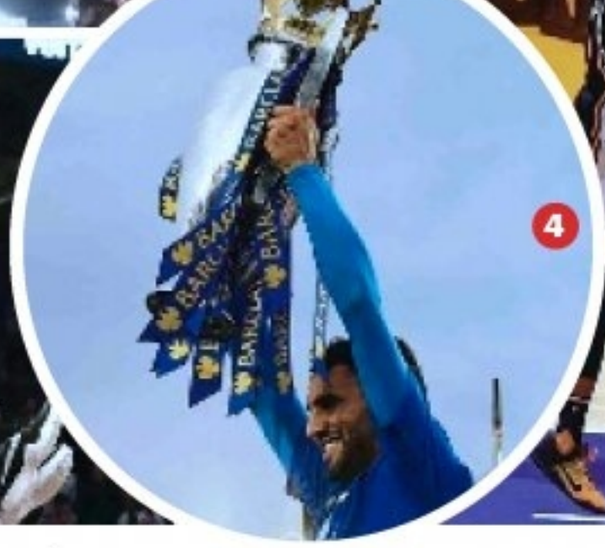
Losing weight is boring. Finding love is tedious. **Instead, why not try these out-of-the-box ideas.**

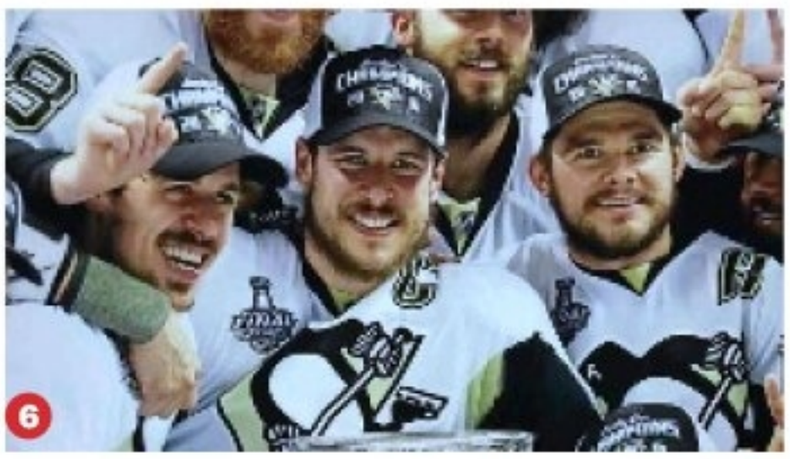
- ✔ Pick something you used to be able to do physically from your childhood (the perfect cartwheel, the splits), and master it.
- ✔ Want to learn a language? Skip French or Mandarin; learn sign language instead.
- ✔ Learn a skill that'll really impress in the kitchen: teach yourself to flambé (without losing an eyebrow).
- ✔ Embrace your inner crazy-cat lover: create an Instagram account for your pets and commit to a photo a day.
- ✔ Want to travel? Skip the big cities and plan a roadside road-stop extravaganza. Hit up (and snap photos of) every weird, and crazy small-town tourist trap you come across.

metro SPORTS

THE YEAR THAT WAS AND....

...THE YEAR THAT WILL BE





# Best sports moments of 2016

1 **Feb. 7, Santa Clara, Calif.** — Peyton Manning won his second NFL title in his final professional game as the Denver Broncos toppled the Carolina Panthers 24-10 in Super Bowl 50. RONALD MARTINEZ/GETTY IMAGES

2 **Feb. 13, Toronto** — Minnesota high-flyer Zach LaVine won the dunk competition, but the All-Star crowd really warmed to Orlando upstart Aaron Gordon's hops. ELSA/GETTY IMAGES

3 **April 14, Los Angeles** — Kobe Bryant upstaged the Golden State Warriors' record 73rd win of the season with an incredible 60-point performance in his retirement game. JUAN OCAMPO/NBAE VIA GETTY IMAGES

4 **May 7, Leicester, England** — Riyad Mahrez and Leicester hoisted the Premier League trophy in one of the most unexpected championship wins in sports — ever. LAURENCE GRIFFITHS/GETTY IMAGES

5 **May 15, Arlington, Texas** — The Jays got the knockout in October, but Texas' Rougned Odor's shot will stand as the counterpoint to Jose Bautista's batflip. RICHARD W. RODRIGUEZ/STAR-TELEGRAM VIA AP

6 **June 12, San Jose, Calif.** — Sidney Crosby's Pittsburgh Penguins — hockey's hottest team in 2016 — turned around a scuffling season to win the Stanley Cup. BRUCE BENNETT/GETTY IMAGES

7 **June 19, Oakland, Calif.** — LeBron James' block on Andre Iguodala sealed the Cavaliers' come-from-behind championship win over the Warriors' and created an iconic image of The King's greatness. JOE MURPHY /NBAE VIA GETTY IMAGES

8 **July 10, Saint-Denis, France** — WIth Cristiano Ronaldo sidelined due to injury, Portugal still managed to stun France on home turf to win its first-ever European Championship. PATRIK STOLLARZ/AFP/GETTY IMAGES

9 **Aug. 17, Rio de Janeiro** — Andre De Grasse couldn't catch Usain Bolt on the track, but the pair's bonding moment during the 200-metre semifinal capitvated the country. OLIVIER MORIN/AFP/GETTY IMAGES

10 **Nov. 2, Cleveland, Ohio** — The Chicago Cubs came back to win the World Series in Cleveland, ending a 108-year drought and giving hope to tortured sports fans everywhere. EZRA SHAW/GETTY IMAGES

11 **Nov. 27, Toronto** — Ernest Jackson hung onto his OT touchdown to give the Ottawa Redblacks a 39-33 win over the Calgary Stampeders in an all-time Grey Cup upset. NATHAN DENETTE/THE CANADIAN PRESS

# Reflecting on Penny's success

With all she's accomplished in such a short time, It can be easy to forget that Canadian athlete of the year Penny Oleksiak is still a teenager in high school. THE CANADIAN PRESS

2016 THE YEAR THAT WAS...

## The 16-year-old Olympian has won our hearts, is here to stay

Joe Callaghan
For Metro | Toronto

As it has a habit of doing, social media provides some telling context for just how far Canada's athlete of the year has come.

As the curtain comes down on 2016, Penny Oleksiak is these days as prolific online as she is underwater. The face of the country's Olympics campaign in Brazil this past summer, the swimmer now has almost 90,000 followers on Instagram and 55,000 more on Twitter, where she casually tweets over and back with P.K. Subban one day and then Prime Minister Justin Trudeau the next. No big deal.

Yet rewind just a little bit and we are rapidly reminded why, in fact, the Toronto teenager's journey this past year was in fact a very big deal. Monumental. It was great enough to see her justly awarded the Lou Marsh Trophy as the nation's preeminent sportsperson earlier this month.

Oleksiak's first tweet of 2016 came in March when the then 15-year-old shared an article from Toronto Swim Club. It was headlined: 'Canadian up-and-comer @OleksiakPenny could be the fourth and final piece to the relay puzzle. #RioTrials'.

Up and comer? Oleksiak came up all right. Like no one had come up before.

While her new Twitter buddy might relay that a week is a long time in politics, in an Olympic Games, a week is a lifetime, sometimes a few of them. So it was in the Aquatics Centre in Rio de Janeiro in August that Oleksiak collected a gold, silver and bronze haul most competitors would rank as an incredible career's work — yet she racked them up in mere days.

Night after night records fell at her feet. The country's youngest ever gold medallist, she blossomed in and out of the pool.

Metro had caught up with Oleksiak in Toronto in the days prior to her departure for Brazil. Even in a relaxed one-on-one setting, she spoke so softly at times you had to strain to hear her. Yet so soon after, as she wrote one of the most unforgettable Canadian sporting tales for a generation, she never wilted, embracing the brave new world.

Nor has she shown any signs of doing so since — in spite of all the new pressures she brought back from Brazil with her. Oleksiak is a groundbreaking athlete. Yet we cannot remind ourselves often enough that she is also a 16-year-old high schooler with a whole other world of challenges in front of her. Case in point: two weeks ago she was midway through a Grade 11 law class at Toronto's Monarch Park Collegiate when she found out she had been named the country's top athlete of 2016.

Intense sporting environments are nothing new in the Oleksiak household and it's something that clearly continues to help. Soon after the Lou Marsh announcement, brother Jamie jumped on Twitter to congratulate Oleksiak, before the Dallas Stars defenceman quickly reminded her that getting her driver's licence was the next challenge.

After the year of her young life, there are few challenges that now faze Oleksiak.

"I think I really learned that I'm stronger than I think," she said on a conference call after the Lou Marsh award. "I want to say that just because, going into Rio I definitely had my doubts about myself. I think I proved to myself that I trained pretty hard last year and I was able to exceed expectations."

She can't stop exceeding them, even when the plan is to be more conservative. On home soil at the short-course world championships in Windsor, Ont. in early December Oleksiak added four more medals to her 2016 haul despite her coach Ben Titley signalling in the build-up that this competition was to be more of a learning tool as they work towards next July's world championships in Budapest.

These are heady days in the pool for Canada. Oleksiak is the poster girl, but she's far from alone. She is at the vanguard of the nation's most promising swimming generation — six of the country's 22 medals in Rio came in the pool. The scenes in Windsor, meanwhile, provided plenty of proof that this group are already inspiring the next wave, too.

For Oleksiak, the new year will bring new challenges. But after her 16th year became one for the ages, she insists she's ready for more. The up and comer is here to stay.

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# *Hearty* Chicken (or Turkey) and Rice Soup

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

If you had turkey yesterday, here's a way to use up the extra. If not, pick up a rotisserie chicken on the way home and this hearty and healthy soup will be on the table in 20 minutes.

**Ready in**
Prep time: 5 minutes
Cook time: 20 minutes
Serving: 6 people

**Ingredients**
- 2 Tbsp olive oil
- 1 onion, diced
- 4 carrots, peeled and diced
- 4 celery, trimmed and diced
- 1 Tbsp fresh thyme
- 6 cups low-sodium chicken stock
- 3 cups leftover turkey or rotisserie chicken, shredded
- 1 1/2 cups frozen corn (4 cobs with the corn sliced off)
- 1/2 cup fresh dill, chopped
- 1/4 cup lemon juice
- 2 cups cooked rice
- Salt and pepper

**Directions**

**1.** Place oil in a large pot and bring to medium heat. Add onions, carrots and celery and sauté for three minutes, until the vegetables start to soften. Add the thyme and stir.

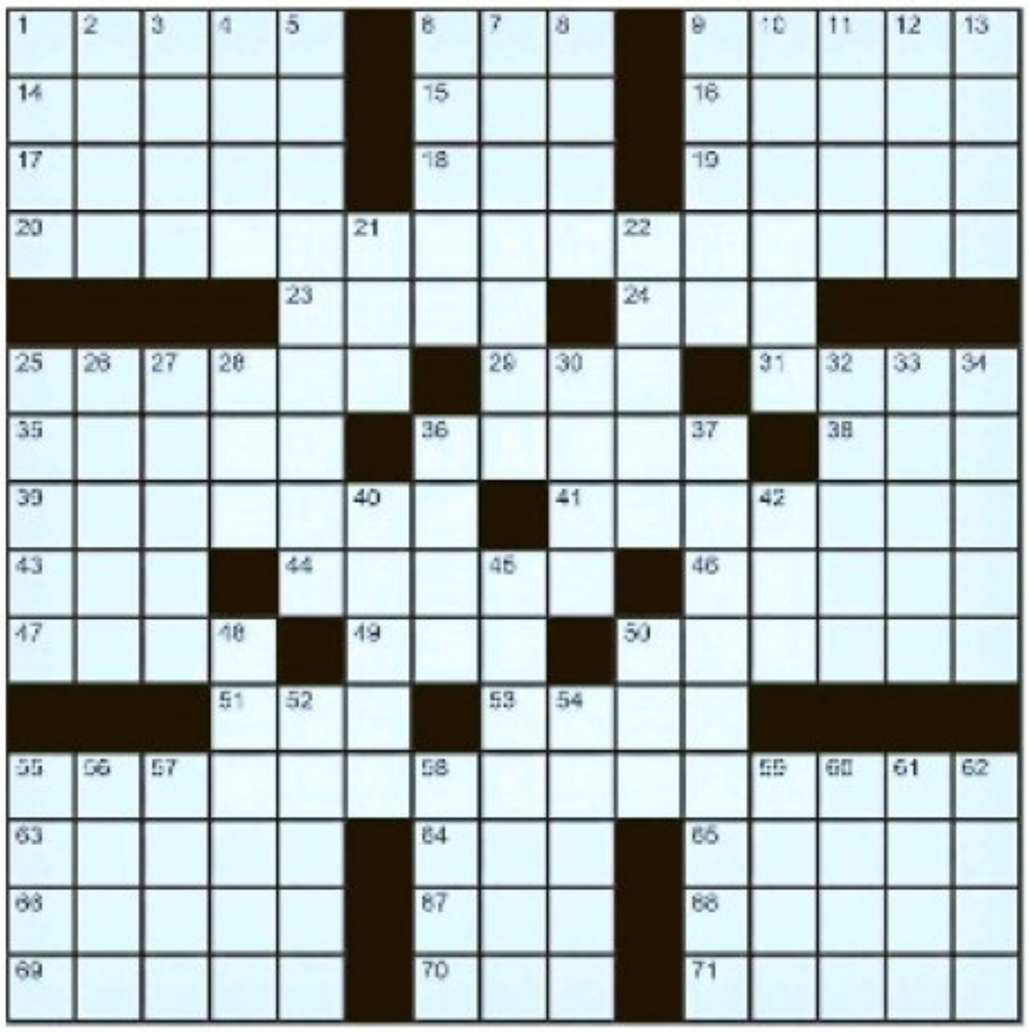
**2.** Pour the stock into the pot. Now add the chicken, corn, dill, lemon juice and cooked rice. Taste and add salt and pepper to taste.

**3.** Let cook 20 minutes before serving

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Fashion designer Mr. Jacobs, and namesakes
6. _-Beauport, Quebec
9. Messy fight
14. "Vega$" star Robert
15. Ms. Longoria
16. Flood embankment
17. Gladiator's 801
18. _ painting
19. Torpid
20. Toronto's Eaton and the West Edmonton Mall: 2 wds.
23. Agenda
24. Compete
25. Beach shoe
29. British singer Rita
31. Mr. Mineo's
35. Scottish television personality Mr. Ferguson
36. Catty, as a remark
38. "Phooey!"
39. Paper-folding art
41. Alberta town; or, British luxury car
43. Pre-Dec. month
44. Short messages
46. Fad
47. Meadow moms
49. Highway topping
50. Hot Wheels item: 2 wds.
51. Boo-_ (Sniff!)
53. Hawaiian island
55. Store tactic to draw customers, as on Boxing Day: 3 wds.
63. Enter the data
64. Fish story
65. Cornered: 2 wds.
66. Theatre's surface
67. Bird of New Zealand, once
68. First Aid Kit netting
69. "The Planets" composer Gustav
70. "State _ Main"

28. Archaeological site
30. Grill servings
32. What the insurance commercials duck says
33. Broadcaster Ms. Gibbons
34. More bashful
36. The Ramayana heroine
37. Say "You can do it."
40. Detroit aka The _ City
42. Attempt
45. Environmental deterioration
48. Half-a-cardigan garments
50. _ Guess Who
52. Band of eight
54. Onward
55. Gossip
56. Particular preposition
57. Fire _ (Type of gem)
58. Operatic soprano Ms. Gluck
59. Oliver's comedy partner
60. Border on
61. Loaf around
62. Glancer

(2000)
71. Enroll

**DOWN**
1. Mires
2. "_ of Triumph" (1948) starring Ingrid Bergman
3. Puerto _
4. USSR, to Russians
5. Acadian Peninsula town in New Brunswick
6. "Bleeding Love" by _ Lewis
7. "Sur le Pont d'_"
8. Math class [abbr.]
9. Russian pancake
10. Annuities, in French
11. Declare with certainty
12. "The Way We _" (1973)
13. Allows
21. _-defined
22. Dodge
25. Tea party biscuit
26. Archery weapon
27. Gullible

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20
Amazing surprises will come to you through friends and partners at this time. Some of you will get a surprise marriage proposal.

**Taurus** April 21 - May 21
Unexpected good fortune that impacts your health, as well as your job situation, surrounds you now. Many of you will land a good job that was not expected to come your way.

**Gemini** May 22 - June 21
A sudden opportunity for a vacation looks fabulous! Others might have surprising news regarding children, babies and romance. It's a great day to party! Some families will expand.

**Cancer** June 22 - July 23
Unexpected real-estate opportunities might drop in your lap at this time. If so, you will have to act fast. These chances will not come again, so do what you can to easily take advantage of them.

**Leo** July 24 - Aug. 23
Today is full of surprises in many respects. New faces, new places and new ideas will stir your life and encourage you to move in a new direction.

**Virgo** Aug. 24 - Sept. 23
Unexpected chances to boost your income are likely at this time. If this happens, be ready to act quickly, because your window of opportunity is brief.

**Libra** Sept. 24 - Oct. 23
Lucky Jupiter is in your sign, and today it is dancing with unpredictable Uranus. This means that sudden, unexpected good fortune will come your way. Fingers crossed.

**Scorpio** Oct. 24 - Nov. 22
Something happening behind the scenes might mushroom suddenly into a wonderful advantage for you. Whatever happens will make you feel pleased and happy.

**Sagittarius** Nov. 23 - Dec. 21
A friend or a member of a group might suddenly come forward with a wonderful suggestion that helps you in a positive way. It might change your future goals or expand your life.

**Capricorn** Dec. 22 - Jan. 20
At this time, you definitely have a chance to put your name up in lights. Wonderful opportunities are bubbling all around you. Expect a miracle.

**Aquarius** Jan. 21 - Feb. 19
Surprise opportunities to travel might materialize at this time. Others might suddenly decide to get further education or training. Great idea.

**Pisces**
Feb. 20 - March 20
Unexpected inheritances, gifts, goodies and favours from others can come your way at this time. Make the most of this and use this advantage wisely.

**CONCEPTIS SUDOKU** by Dave Green

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| | 5 | 9 | 4 | | 1 | | | 3 |

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SAVE 10%
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ListenUP! CANADA

# TWO-DAY BOXING DAY SALE

## MONDAY, DECEMBER 26 AND TUESDAY, DECEMBER 27, 2016

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In our outerwear departments. See below for exclusions.

**50% OFF**
Women's cold-weather accessories; Men's hats, gloves and scarves
40% off kids' cold-weather accessories.
See below for exclusions.

**40% OFF**
Men's underwear by STANFIELD'S, TOMMY HILFIGER and JOE BOXER; STANFIELD'S thermalwear

**$39.99**
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*Exclusively ours*

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See below for exclusions.

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See below for details.

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**$229** Reg. $449
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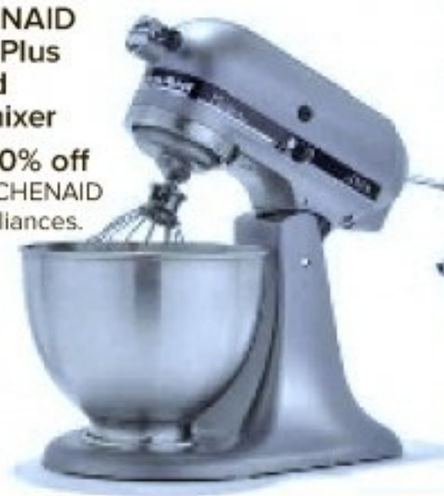
Up to 40% off other KITCHENAID small appliances.



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**60% OFF**
Pillows and duvets by BEAUTYREST BLACK, LAUREN RALPH LAUREN and GLUCKSTEINHOME
50% off HOTEL COLLECTION pillows and duvets; LIVE COMFORTABLY pillows.
30% off mattress pads by the same brands.

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# HUDSON'S BAY

## FREE SHIPPING AT THEBAY.COM*

Savings for all offers are off our regular prices, unless otherwise specified. ****Before taxes.** While quantities last. Redeemable on your next cosmetics or fragrance purchase of $50 or more before taxes. Valid in store only until Sunday, January 1, 2017. One card per transaction. Not to be combined with any other offer. Other exclusions apply. See store for details. **FROM OUR FRONT PAGE: BOXING DAY CLEARANCE OFFERS:** Includes items in our women's dress, swimwear and activewear departments. **Women's clearance fashion** excludes items in our dress, suit, outerwear, activewear and swimwear departments, The Room, Topshop, Sandro/Maje, BCBGMAXAZRIA, Toni Plus, Olsen, Rudsak, Reiss, Pink Tartan, The Kooples, NYDJ, NYDJ Plus, MsMin, Moose Knuckles, Jacquemus, Diesel and Judith & Charles. **Women's clearance slippers:** In our slipper department; Excludes UGG Australia, COACH, Ted Baker and Kate Spade New York. **Women's clearance footwear:** In our footwear department; Excludes COACH, Cole Haan, Frye, Nike, The Room, UGG Australia, Dept 146 Designer Collections, Dept 875 White Space, Dept 276 Athletic, Dept 837 and 839 Rain and winter boots; Other exclusions apply, see store for details. **Clearance fashion jewellery:** Includes sterling silver; Excludes COACH. **Clearance handbags:** Includes wallets; Excludes COACH, Marc Jacobs and Kate Spade New York. **Men's clearance fashion** excludes 3.1 Phillip Lim, Adidas X Raf Simons, Adidas X Rick Owens, Alejandro Ingelmo, Alexander Wang, Alpha X Deus, Alternative Apparel, APC, Balmain, Billionaire Boys Club, Blood Brother, Boy London, Carven, Cheap Monday, Deus, Dom Rebel, Drifter, DRKSHDW, Embellish, Etudes, Filling Pieces, Fred Perry X Raf Simons, Gents, Han Kjobenhavn, Helmut Lang, Hip and Bone, I Love Ugly, Jil Sander, Judith & Charles, Junya Watanabe, JW Anderson, KTZ, Lemaire, Markus Lupfer, Marni, Matiere, MHRS, Minimum, Moschino, MSGM, N. 21, Nana Judy, Obey, Opening Ceremony, Paul Smith, Penfield, Philipp Plein, Ports 1961, Publish, RVLT, Saturday NYC, Stussy, T by Alexander Wang, UNCL, Vince, Vitaly, Won Hundred, Wood Wood, Wooyoungmi and Zanerobe. ***FREE SHIPPING:** Receive free standard shipping on a total purchase amount of $99 or more before taxes. Offer is based on merchandise total and does not include taxes or any additional charges. Free standard shipping is applied after discounts and/or promotion code offers. Offer not valid at Hudson's Bay or any other HBC stores. Additional fees apply for Express or Next Day Shipping. Applies to Canadian delivery addresses only. Excludes furniture, canoes, patio furniture, patio accessories, barbeques and mattresses.